Renunciation
Embracing Freedom in Daily Practice – 4

A 4-week course with registered FPMT teacher, Edie Peet

1

Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

By the merits I create through listening to the Dharma,

May I become a buddha to benefit all sentient beings.

2

Four Boundless Thoughts

May all sentient beings have happiness and its causes.

May all sentient beings be free from suffering and its causes.

May all sentient beings never be separated from the happiness that is without suffering.

May all sentient beings abide in equanimity, free from the bias of attachment for friends and hatred for enemies.

3

Seven Limb Prayer

Reverently I prostrate with my body, speech, and mind;

I present clouds of every type of offering, actual and imagined;

I declare all my negative actions accumulated since beginningless time, and rejoice in the merit of all holy and ordinary beings.

Please, remain until the end of cyclic existence, and turn the wheel of Dharma for living beings.

I dedicate my own and other's merits to the great enlightenment.

4

Mandala Offering

This ground, anointed with perfume, strewn with flowers,

Adorned with Mount Meru, four continents, the sun and the moon:

I imagine this as a buddha-field and offer it.

May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA KAM NIRYATA YAMI

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Today's Topics
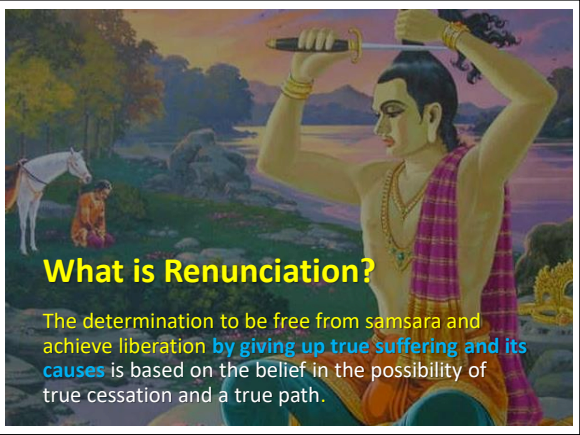- Summarizing what we know
- Four principles
- How to practice

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Sachen Kunga Nyingpo said …

If you are attached to this life, you are not a true spiritual practitioner.

If you are attached to samsara you do not have renunciation.

If you are attached to your own self-interest, you have no bodhicitta.

If grasping arises, you do not have the view.

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What is Renunciation?

The determination to be free from samsara and achieve liberation **by giving up true suffering and its causes** is based on the belief in the possibility of true cessation and a true path.

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The Sequence

a) Considering your own suffering creates the determination to be free

b) Thinking about others' suffering creates compassion

c) However, if you do not first consider your own suffering, you will not reach the key point of the practice

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The Four Principles

If someone abuses you, do not abuse them in return.	If someone gets angry with you, do not get angry with them in return.
If someone exposes your hidden faults, do not expose theirs in return.	If someone strikes you, do not strike them back.

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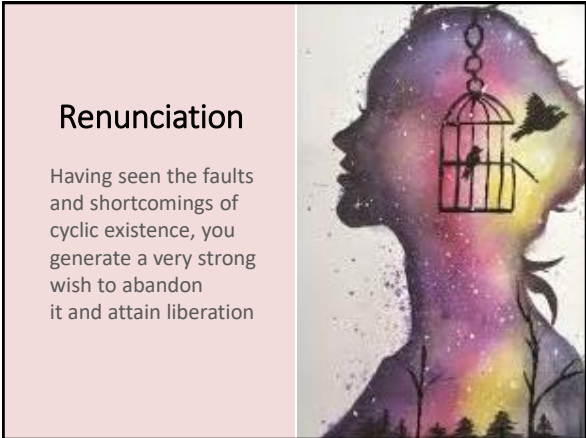**Do Not Return Abuse**

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Do Not Return Anger With Anger

12

Do Not Return Exposure

13

No Striking Back

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Renunciation

Having seen the faults and shortcomings of cyclic existence, you generate a very strong wish to abandon it and attain liberation

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Renunciation Is Subsumed Within Bodhicitta

OUR OWN FREEDOM
Depends upon a deep and pure self-compassion imbued with wisdom

ALL OTHERS' FREEDOM
Depends upon us extending our compassion to every living being

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a) The Advanced Level of Practitioner

DIRECT AIM
Full awakening
Buddhahood

WHAT THEY PRACTICE
The six perfections
The four ways of gathering disciples
The Vajrayana

WHAT THEY ELIMINATE
Cognitive obscurations
Latencies of afflictions
The appearance of inherent existence

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b) The Advanced Level of Practitioner

MEDITATIONS THAT LEAD TO THE MOTIVATION OF THIS LEVEL
Equanimity
Seven-point cause and effect
Equalize/ exchange self and other

MOTIVATION
Bodhicitta

PRACTICES DONE TO ACTUALIZE THE RESULT OF THIS MOTIVATION
The six perfections
The four ways of gathering disciples
The Vajrayana

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Developing Bodhicitta

Common

1. **Atisha's** seven cause and effect personal instruction

2. **Shantideva's** equalizing & exchanging

Uncommon

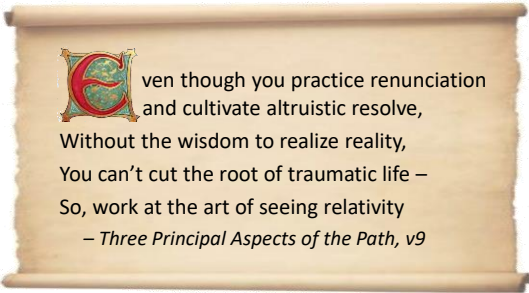3. **Lama Tsong-Khapa's** eleven-point method

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Abandonments and Adoptions

	What we drop or move away from – renunciation	What to practice – the process of changing	What is adopted – the new behaviors
1	Bias and social reactivity	Immeasurable equanimity	Being non-biased – equanimity
2	The obsessive concerns for just this one life and those close to us.	All beings are family	Solidarity with one another
3	The forgetting of kindness	Remembering kindness	Gratitude
4	Ingratitude	Repaying kindness	Reciprocity
5	That we are dissimilar	Sameness of self and others	Empathy
6	Selfishness	The faults of self-cherishing	Renunciation and compassion
7	Indifference and aversion	The advantages of cherishing	Affectionate love
8	Fear and egocentricity	Exchanging self for others	Courage
9	The poverty attitude – stinginess. Intolerance and fear	Giving and taking	Courageous compassion and selfless love
10	Being discouraged, helpless	Whole-hearted resolve	Meaning, responsibility, purpose
11	Self-preoccupation	Radical altruism	Activities for others

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The Importance of the 'View'

Even though you practice renunciation and cultivate altruistic resolve,
Without the wisdom to realize reality,
You can't cut the root of traumatic life –
So, work at the art of seeing relativity
　　– *Three Principal Aspects of the Path, v9*

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The King of Reasons: Dependent Arising

1. I do not truly exist because the way I exist and the way I appear to exist are **different**.

2. I do not exist from the side of the bases of designation because I am not there when searched for **amongst the bases for designation**.

3. I do not exist by way of my own character because I depend on imputation by **name and concept**.

4. I do not inherently exist because I exist **dependently**

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Divine Pride

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Impure and Pure Appearances

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The Capacity for Renunciation

Provisional	Definite	Solitary Peace	Impure Views
• Mundane correct view	• Supramundane correct view	• Supramundane correct view, uncontrived mind of enlightenment	• Supramundane correct view, an uncontrived mind of enlightenment, and initiation.
• Benefitting this life to benefit future lives	• Future lives for liberation	• True duhkha and true origins for true cessations	• For a non-abiding nirvana
• Ten non-virtues	• True duhkha and true origins for true cessations	• For a non-abiding nirvana	• For purity
		• Cognitive obscurations	• Ordinary self images and identifying with them
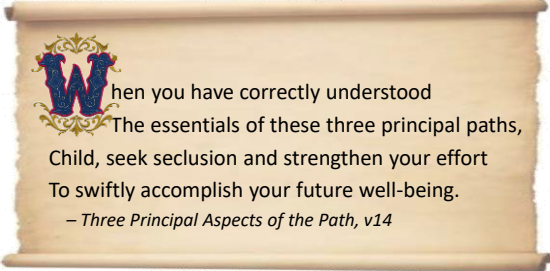
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Encouragement

When you have correctly understood
The essentials of these three principal paths,
Child, seek seclusion and strengthen your effort
To swiftly accomplish your future well-being.
– *Three Principal Aspects of the Path, v14*

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What's My Take-Away?

• Four principles
• Renouncing impure perceptions
• The capacity for renunciation

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Next Week

Read
• Any commentary on the Foundation of All-good Qualities

Next time
• The Happy Outcast

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Dedication

Due to the merits of these virtuous actions
May I quickly attain the state of a Guru-Buddha
And lead all living beings, without exception,
Into that enlightened state

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Bodhicitta Verses

May the supreme jewel bodhicitta
Not yet born, arise and grow
May that born have no decline
But increase forever more

And as long as space endures,
As long as sentient beings abide,
May I too remain
To dispel the sorrows of the world

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