


The Six Perfections

Serenity & Insight

2022 – Class 29

Lamrim Chen-mo Study Group with
registered FPMT teacher, Eddie Peet



1

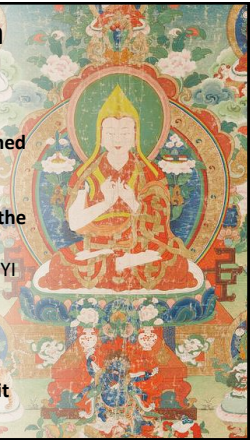
Refuge & Bodhichitta

SANG GYÄ CHÖ DANG TSHOG KYI
CHHOG NAM LA
I go for refuge until I am enlightened

JANG CHUB BAR DU DAG NI
KYAB SU CHHI
**To the Buddha, the Dharma, and the
Supreme Assembly**

DAG GI CHÖ NYEN GYI PÄ SÖ NAM GYI
**By the merits I create through
listening to the Dharma,**

DRO LA PHÄN CHHIR SANG GYÄ
DRUB PAR SHOG
**May I become a buddha to benefit
all sentient beings.**



2

Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG / TRAM
**This ground, anointed with perfume,
strewn with flowers,**

RI RAB LING ZHI NYI DA GYÄN PA DI
**Adorned with Mount Meru, four
continents, the sun and the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA / YI
**I imagine this as a buddha-field and
offer it.**


DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



3

Suggested Reading

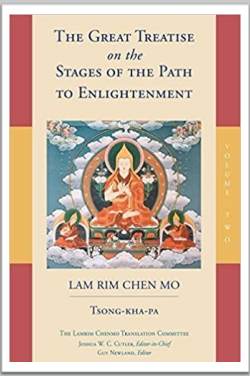


4

Today's Topics

Serenity and Insight

- 29 questions
- Their answers



5



Small Capacity – Motivation

Avoid lower realm rebirth
Attain a fortunate rebirth
Understand, and practice like this

6




Small Capacity – Importance

To observe the law of karma and the specifics related to its effects

7

Reflecting on the truth of suffering – the faults of cyclic existence

Medium Capacity – Importance




8

Recognize true origins and abandon them

Medium Capacity – Origins



9




Note: effort is shown by the eagle of suffering.

The Twelve Links Instruction

The short-comings of cyclic existence and how to abandon its origins


10

Twelve Links Subsumed



he first, the eighth, and the ninth are afflictions.
The second and tenth are karma.
The remaining seven are sufferings.
-- The Heart of Dependent Arising

11




The Most Important Section

The way you accumulate karma and the way you take rebirth

12

Great Capacity

The emphasis is on great compassion



13

Developing The Great Compassion

Begin with compassion for all beings in the lower realms.

Continue with compassion for all beings within cyclic existence.



14

Virtue Must Not Be A True Origin

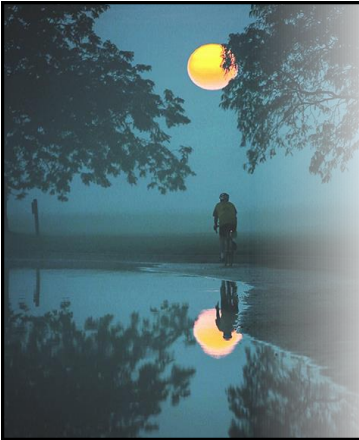
All phenomena lack the inherent existence they seem to have.



15

Integrating Method And Wisdom

When setting your motivation, you remember that the relative mind of enlightenment is empty of inherent existence.



16

The Importance Of Integration

Virtues must not become true origins



17

Training In The Last Two Perfections

1. Benefits
2. Inclusion
3. Nature
4. Necessity
5. Order
6. Training



18

Awareness Arisen From Meditation

A higher realm mind
And calm abiding
Or special insight

19

Awareness Arising

By progressing through the nine stages of mental abiding

20

The Order

1. Serenity
2. Insight

21

Is It Always The Order?

1. Serenity
2. Insight

YES

22

A Qualm In Sutra

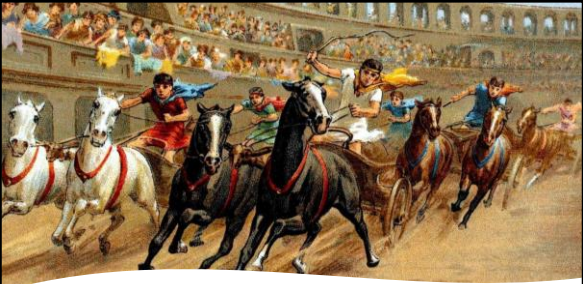
Qualm: Are not calm abiding and insight good qualities in the mind-stream of someone who has reached them through meditation? How is it possible for all good qualities to result from those two?

23

Responding To The Qualm

Concentrations which at least involve one-pointedness on a virtuous object are classified with calm abiding; virtuous cognitions that distinguish an ultimate or conventional object are classified with insight. This is what the sutra means in stating that all the virtuous qualities of the three vehicles result from calm abiding and insight, so there is no contradiction.

24

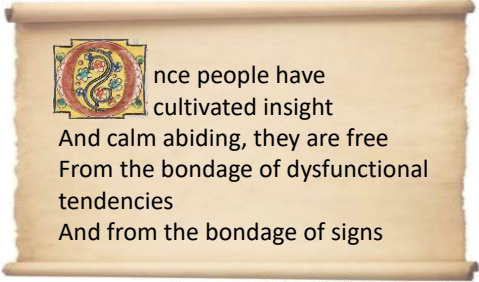


Necessary Activities

The activities of calm abiding and insight provide all the good qualities of the three vehicles by removing all erroneous states


25

Freedom From The Dysfunctional



Once people have cultivated insight
And calm abiding, they are free
From the bondage of dysfunctional tendencies
And from the bondage of signs


26



Freedom From Bondage

Place your mind single-pointedly on a virtuous object


27



The Bondage Of Signs

The gross manifestations of the mental afflictions

28



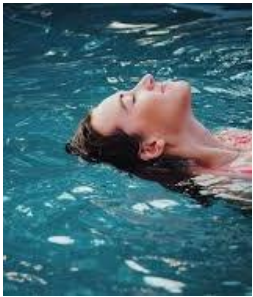
The Benefits Of Both

1. The mind is freed from the two types of obstacle
2. They are the antidotes to the source of samsara
3. All the qualities of the three vehicles

29

Not Necessarily Either


- Concentrations that are mundane
- Concentrations that are supramundane



30

Fully Qualified Serenity

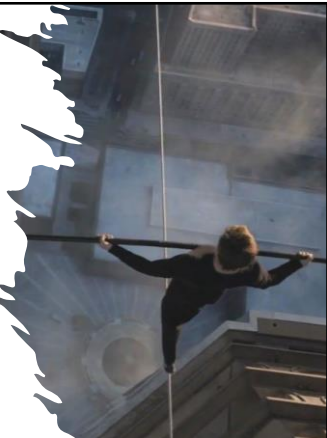
Concentration being imbued with the physical and mental bliss of pliancy in which you can place your mind on your object of focus in whatever way you please.



31

Fully Qualified Insight

The physical and mental bliss of pliancy that has arisen through the strength of analyzing the object of focus from within calm abiding.



32

Differentiated By Object?

NO



33


Reasons For Non-Differentiation



There is calm abiding that knows emptiness
There is insight which does not know emptiness

34


SUMMARY



Training in the last two perfections together

- 29 questions
 - Their answers

35



Read

- Pages 18-21, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 17, *LRCM*, (Geshe Tashi Tsering)
- Pages 16-26, *Steps on the Path*, Vol 4 (Sopa)

Next week

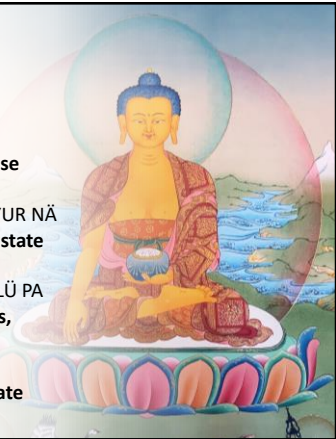
Mod 3, week 5, p1-10

Revision questions day 17

36

Dedication

GE WA DI YI NYUR DU DAG
Due to the merits of these
virtuous actions
LA MA SANG GYÄ DRUB GYUR NÄ
May I quickly attain the state
of a Guru-Buddha
DRO WA CHIG KYANG MA LÜ PA
And lead all living beings,
without exception,
DE YI SA LA GÖ PAR SHOG
Into that enlightened state



37

**Bodhichitta
Verse**

JANG CHHUB SEM CHHOG RINPOCHE
May the supreme jewel bodhicitta
MA KYE PA NAM KYE GYUR CHIG
Not yet born, arise and grow
KYE WA NYAM PA ME PA YANG
May that born have no decline
GONG NÄ GONG DU PEL WAR SHOG
But increase forever more



38