

The Six Perfections

Serenity & Insight

2022 – Class 30

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



1

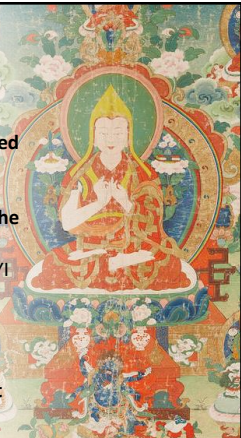
Refuge & Bodhichitta

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

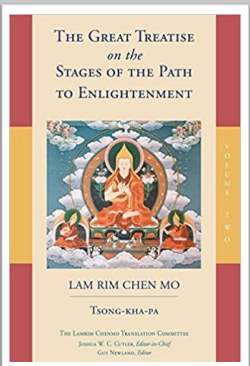


4


Today's Topics

Serenity and Insight

- 20 questions
- Their answers



5



The Benefits Of Both

1. The mind is freed from the two types of obstacle
2. Having all the mundane and supramundane qualities of the three vehicles

6

Serenity & Insight Include All

Know that śamatha and vipaśyanā include all the many aspects of the states of meditative concentration that I have taught for śrāvakas, bodhisattvas, and tathāgatas

– the Buddha

7

Defining Serenity

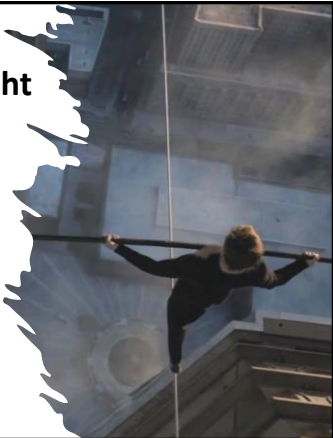
A concentration imbued with the physical and mental bliss of pliancy in which you can place your mind on your object of focus in whatever way you please.



8

Defining Insight

A discriminating wisdom that is imbued with the physical and mental bliss of pliancy that is induced through the power of analysis of its own object from within calm abiding.



9

The Order Of Development

- 1. Serenity
- 2. Insight

10

Insight From Within Serenity

Analyze, pause, analyze, pause until through the strength of the analysis itself, the special bliss occurs.



11

Refuting A Claim

The claim contradicts the definitions of calm abiding and insight.




12



Refuting Another Claim

In our tradition, non-discursive sublime wisdom is an awareness that realizes emptiness.

13



Advice For The Real Nature

Do this according to whether your mind realizes as its object either of the two selflessness's.


14



The Meditation We Need

An antidote to grasping at self.

15



Why This Type Of Meditation?

To destroy the root of cyclic existence.

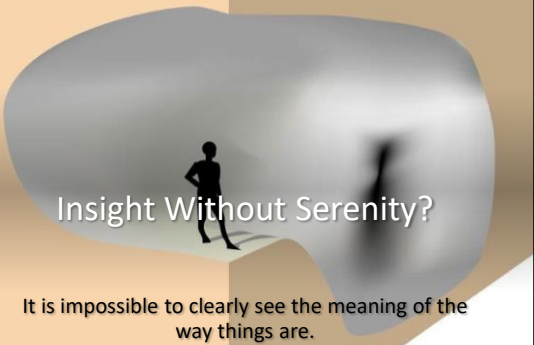
16



Serenity Without Insight?

It is not enough to cut the root of cyclic existence.

17

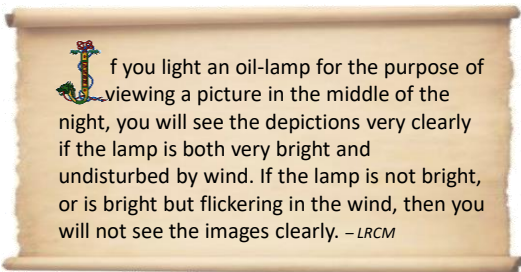


Insight Without Serenity?

It is impossible to clearly see the meaning of the way things are.

18

A Flame And Lamp Analogy




If you light an oil-lamp for the purpose of viewing a picture in the middle of the night, you will see the depictions very clearly if the lamp is both very bright and undisturbed by wind. If the lamp is not bright, or is bright but flickering in the wind, then you will not see the images clearly. – *LRCM*

19




The Analogy Explained

- Wisdom
- Meaning illuminated
- Stability disturbed



20

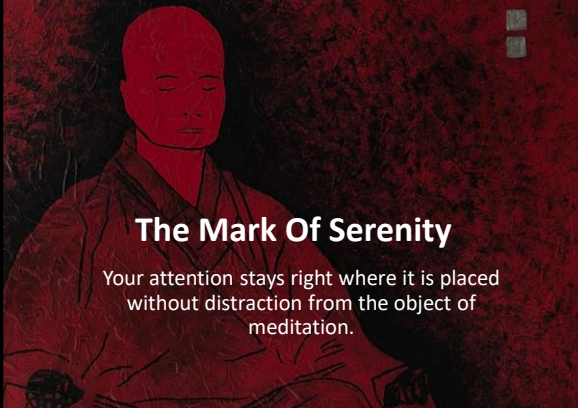
Contrasting Attainments

		
Do not see the lineage because their concentration is greater	See the lineage unclearly because their wisdom is greater	See everything because they have serenity and insight in equal measure

21

The Mark Of Serenity

Your attention stays right where it is placed without distraction from the object of meditation.



22

The Mark Of Insight


With the direct understanding of reality, insight is as solid as a mountain.



23

Two Aspects Of Insight

- Steadiness
- Knowing how things exist




24



25


SUMMARY



Training in the last two perfections together

- 20 questions
 - Their answers

26



Read

- Pages 21-26, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 18, *LRCM*, (Geshe Tashi Tsering)
- Pages 16-25, *Steps on the Path*, Vol 4 (Sopa)

Next week

Mod 3, week 6, p11-24

Revision questions day 18

27

Dedication

GE WA DI YI NYUR DU DAG

—Due to the merits of these virtuous actions

LA MA SANG GYÄ DRUB GYUR NÄ

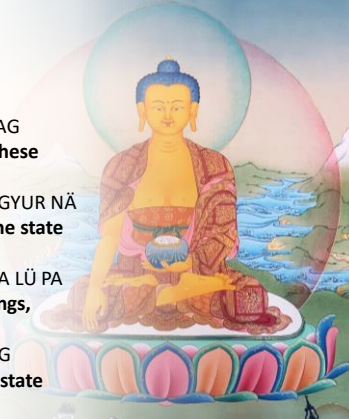
May I quickly attain the state of a Guru-Buddha

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



28

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



29