


The Six Perfections

Serenity & Insight

2022 – Class 31

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




1

Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma, and the Supreme Assembly

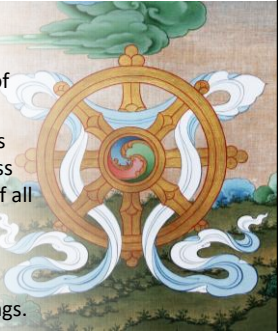
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



2

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.



3

Mandala Offering

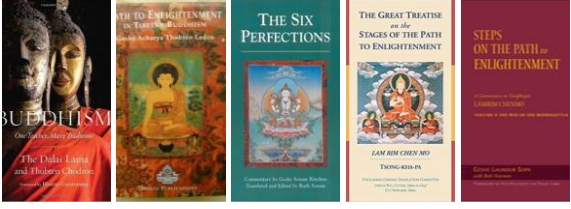
This ground, anointed with perfume, strewn with flowers, Adorned with Mount Meru, four continents, the sun and the moon:
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



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Suggested Reading

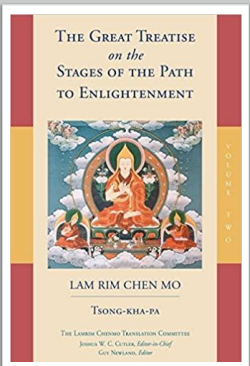


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Today’s Topics

Serenity and Insight

- 18 questions
- Their answers



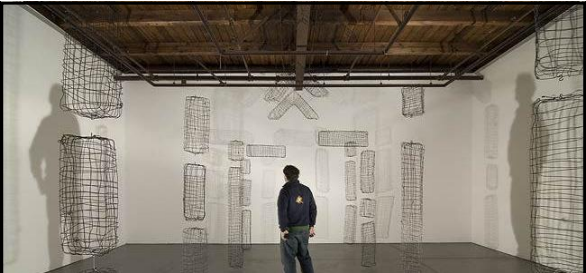
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Is Wisdom Necessarily Insight?

NO: Wisdoms of hearing & reflection are **NOT** insight.



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How To Understand Reality?

With meditative equipoise, you know reality just as it is.

8

Serenity Makes Virtue Powerful


With focused attention, you engage your object of meditation without distraction.



9

The Purpose For Calm Abiding


To have mental serviceability, the ability to willfully direct your attention to virtuous objects of meditation.



10

The Importance Of Insight Into The Real

To get rid of obscurations.
To destroy dormant tendencies.




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Why The Need For Integration?

This will cause the result, attainment of nirvana.

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Attaining Integration

Only when you combine śamatha with meditation on emptiness, using the power of analytical wisdom, that this unique mental dexterity is obtained.

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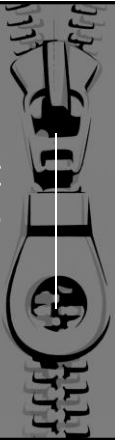
Attaining Nirvana

You analytically discern the lack of self in phenomena, And you cultivate that analysis in meditation.



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An Outline For MWC Existence



1. Not from its own side – no illustration of such a person
2. Not by way of its own character – exists dependent on name and conception
3. Not inherently – exists dependent on others

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Separate From Parts – Wrong!

It seems as if there is a house which is an entity distinct from the windows, the walls, the roof and its door.

16




A Refutation Of Separate From Its Parts

Remove the parts from the whole to determine whether the part-possessor remains.

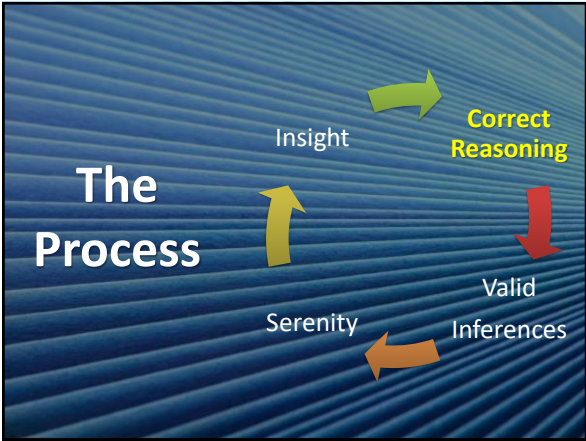
17

Single Entity – One in Nature



The door and windows are parts of the house, not parts of one another.

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Analysis Becomes Insight

Discerning wisdom becomes insight when, without focusing on a single object, it can generate pliancy through the power of analysis.

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The Qualm In The Compendium

Some attain insight, but do not attain serenity; they strive for serenity based on insight.
– Asanga

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Answering The Qualm

This means that they have not attained the serenity of the actual first meditative stabilization, or beyond; it does not preclude their having attained the serenity which is included in the access to the first meditative stabilization
– Lama Tsongkhapa, LRCM

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Six Masters

Kamalashila
Asanga
Bhavaviveka
Shantideva
Jnanakirti
Ratnākaraśānti

A detailed Buddhist mandala featuring a central figure, likely a Buddha or Bodhisattva, surrounded by numerous smaller figures, possibly representing the Six Masters and other practitioners. The mandala is rich in color and detail, with a central figure seated on a lotus throne, surrounded by a complex arrangement of smaller figures and symbolic elements.


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Answering Asanga’s Claim

In general, for the sake of comprehensive terminology, the nine mental states are called meditative serenity and the fourfold analysis is called insight. However, you must apply the terms "actual serenity" and "actual insight"—as will be explained—after the generation of pliancy. – Lama Tsongkhapa

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SUMMARY



Training in the last two perfections together

- 18 questions
 - Their answers

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Read

- Pages 28-33, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 19, *LRCM*, (Geshe Tashi Tsering)
- Pages 40-52, *Steps on the Path*, Vol 4 (Sopa)

Next week

Mod 3, week 6, p25-37

Revision questions day 19

26

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 Verse

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



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