

The Six Perfections

Serenity & Insight

2022 – Class 32

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

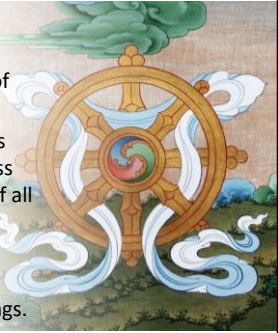
By the merits I create through listening to the Dharma, May I become a buddha to benefit all sentient beings.



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

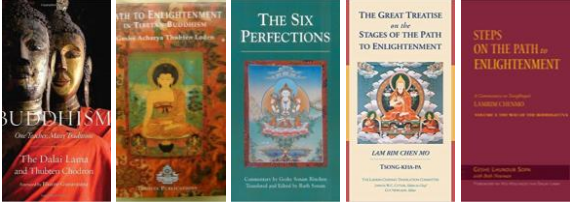
This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon:
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA
KAM NIRYATA YAMI



4

Suggested Reading

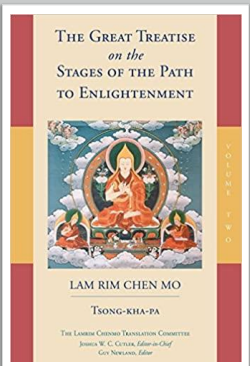


5

Today’s Topics

Serenity and Insight


- 22 questions
- Their answers



6

Calm Abiding

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.




7



Obstacles To A Peaceful Mind

Negative, discursive thought.

8



The Main Section

How to train in the last two perfections.




9

Each Refers To ...


How To	How To	How To
Train in meditative calm abiding	Train in Insight	Unite them

10

How To Train In Calm Abiding

-  Relying on the preconditions for meditative calm abiding
-  How to cultivate calm abiding on that basis
-  The measure of successful cultivation of calm abiding

11



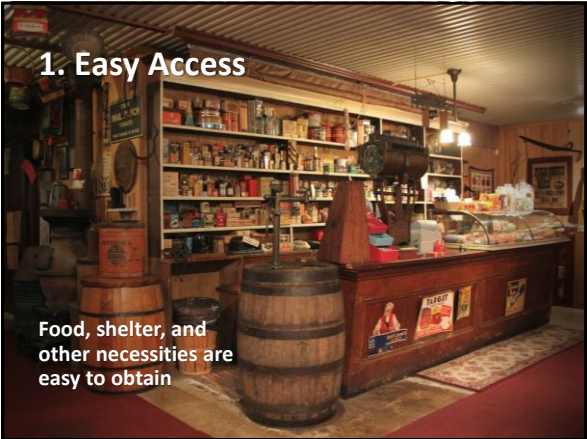
Six Pre-conditions For Calm Abiding

1. Dwelling in an appropriate area
2. Having little desire
3. Being content
4. Completely giving up many activities
5. Pure ethical discipline
6. Completely getting rid of thoughts of desire, etc.

12



13



14



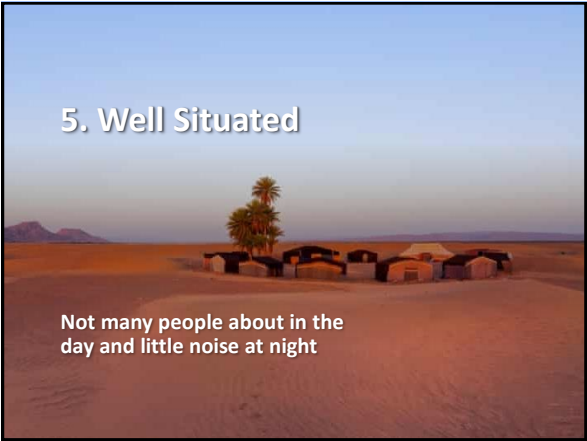
15




16



17



18



Having Little Desire
Be happy and satisfied with simple things

19



Being Content
Is crucial for achieving calm abiding

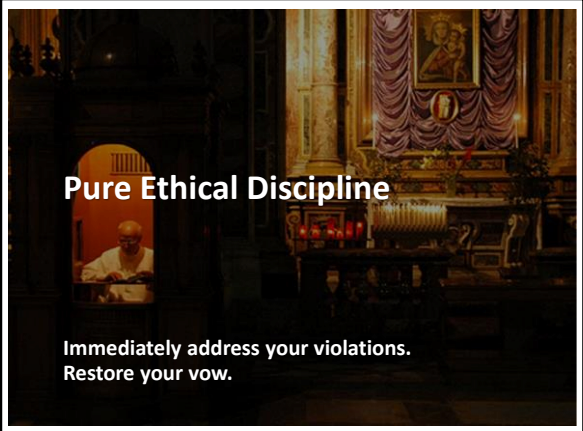
20

Completely Giving Up Many Activities



You stop socializing, working and entertaining.

21

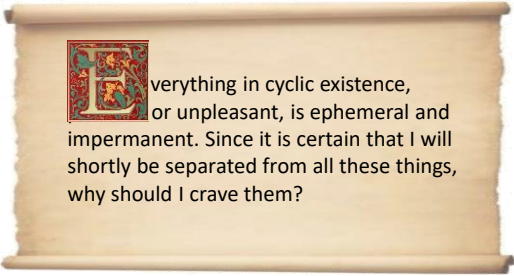


Pure Ethical Discipline

Immediately address your violations.
Restore your vow.

22

Completely Getting Rid Of Thoughts Of Desire, etc.



Everything in cyclic existence, or unpleasant, is ephemeral and impermanent. Since it is certain that I will shortly be separated from all these things, why should I crave them?

23

Removing Problematic Thoughts



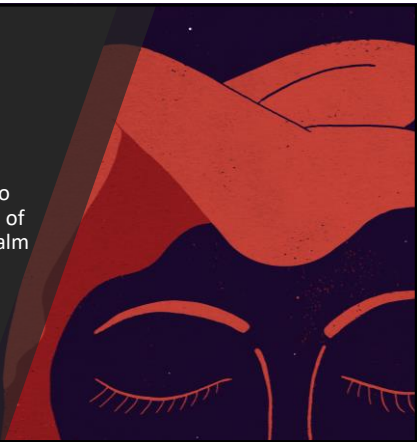
Contemplate their disadvantages in this lifetime.

Contemplate their disadvantages in the future.

24

What To Give Up

Attachment to the pleasures of the Desire realm



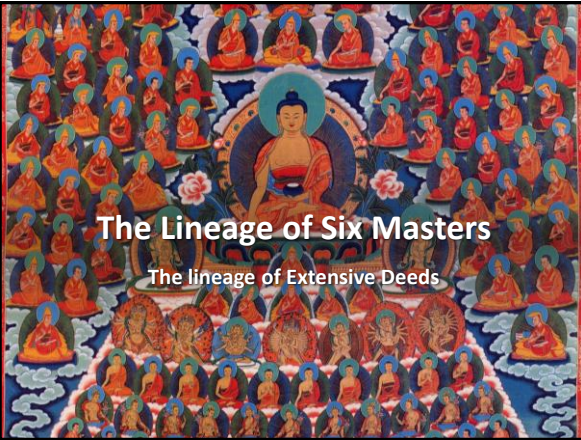
25



The Most Important Pre-conditions

1. Having little desire
2. Being content
3. Completely getting rid of thoughts of desire

26




The Lineage of Six Masters

The lineage of Extensive Deeds

27

Important Masters Of Shamatha




Maitreya
Ratnākaraśānti
Bhavaviveka
Haribhadra
Asanga
Kamalaśīla

28

Four Perfections Are Causes

Disregard possessions	To live in accordance
Take on hardships	Enthusiasm for virtue

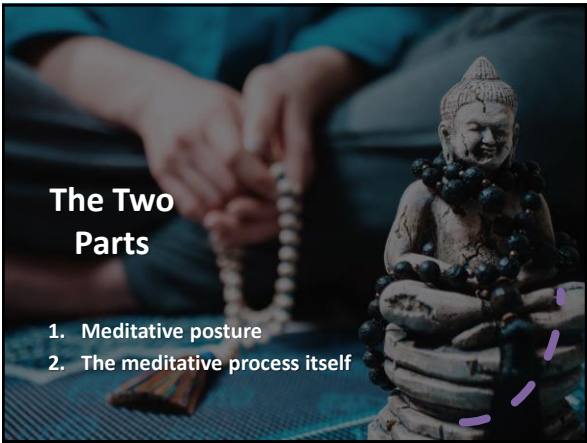
29



The Importance Of The Shared Capacity

Providing an excellent preparation for both

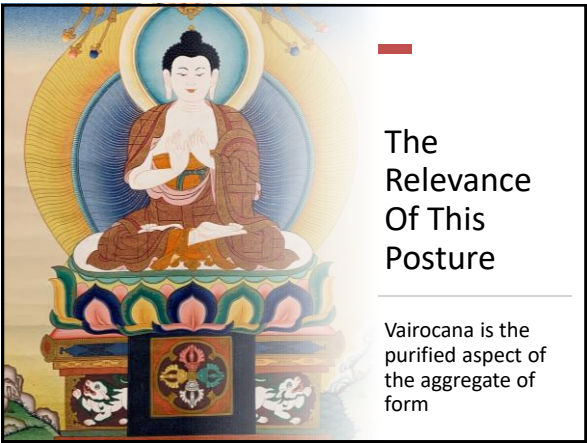
30



The Two Parts

- 1. Meditative posture
- 2. The meditative process itself

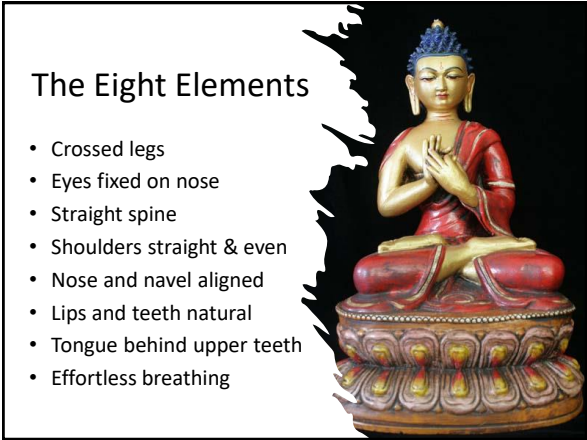
31



The Relevance Of This Posture

Vairocana is the purified aspect of the aggregate of form

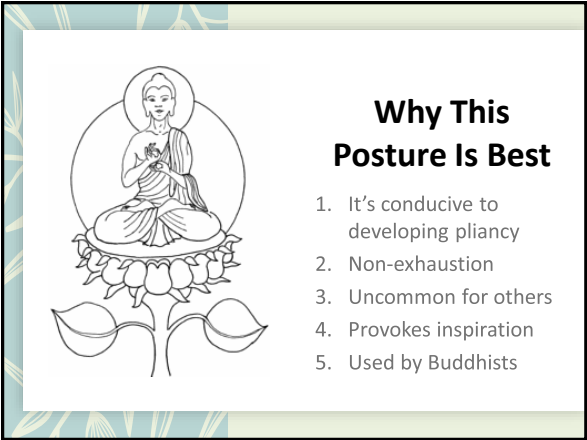
32



The Eight Elements

- Crossed legs
- Eyes fixed on nose
- Straight spine
- Shoulders straight & even
- Nose and navel aligned
- Lips and teeth natural
- Tongue behind upper teeth
- Effortless breathing

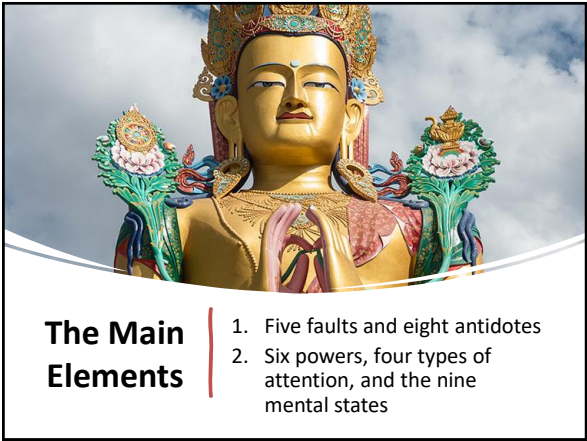
33



Why This Posture Is Best

- 1. It's conducive to developing pliancy
- 2. Non-exhaustion
- 3. Uncommon for others
- 4. Provokes inspiration
- 5. Used by Buddhists

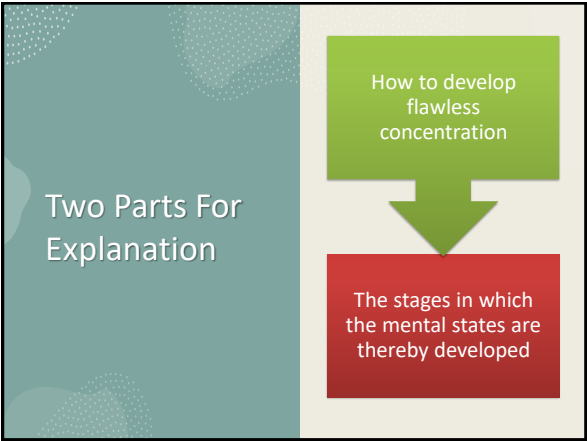
34



The Main Elements

- 1. Five faults and eight antidotes
- 2. Six powers, four types of attention, and the nine mental states

35



Two Parts For Explanation


36



Laziness

To Remove At The Beginning


37



Remedies For Laziness

1. Faith
2. Aspiration
3. Perseverance
4. Mental pliancy


38



Training in the last two perfections together

- 22 questions
 - Their answers

39



Read

- Pages 33-??, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 20, *LRCM*, (Geshe Tashi Tsering)
- Pages 52-??, *Steps on the Path*, Vol 4 (Sopa)

Next week

Mod 3, week 6, p38-??

Revision questions day 20

40

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



41

Bodhicitta Verse

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



42