


# The Six Perfections

## Serenity & Insight

### 2022 – Class 33

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




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# Refuge & Bodhichitta

I go for refuge until I am enlightened

To the Buddha, the Dharma,  
and the Supreme Assembly

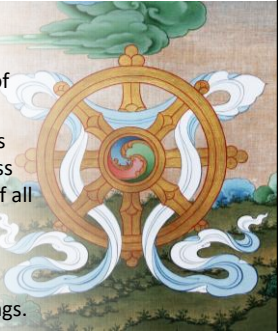
By the merits I create through  
listening to the Dharma,  
May I become a buddha to  
benefit all sentient beings.



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# 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.



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# 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

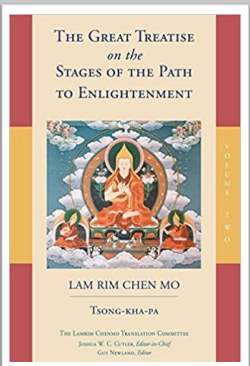


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# Today's Topics

Serenity and Insight

- 25 questions
- Their answers



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# Suggested Reading



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### Preparing To Cultivate Serenity

- Begin with bodhicitta
- Apply the Six Preparations of Jörchö
- Do practices shared with small capacity
- Do practices shared with middling capacity




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### 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

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### 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.



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### The Most Important Pre-conditions


1. Maintaining pure ethics
2. Seeing desires to be disadvantageous
3. Dwelling in an appropriate area



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### The First Fault Obstructing Serenity

Spiritual Sloth – Laziness



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### Remedies For Laziness

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



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### Pliancy is Beneficial Because

It brings an immediate end to laziness.

it is a tremendous boon for cultivating the succeeding stages on the path to awakening.

It is a joy not to be feared

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### Perseverance is Beneficial Because

Your body and mind spontaneously begin to express enthusiasm for practice

The fatigue of laziness stops

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### Aspiration is Beneficial Because

It is a wholesome wish for attainment and realization

Enthusiastic perseverance is cultivated

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### Faith is Beneficial Because

It uniquely takes delight in freedom from the contaminations of mental afflictions.

Since it acts as the basis of yearning for virtue, it is regarded as the entrance to all virtues

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### The Good Qualities Of Concentration

You will abide in happiness in this lifetime

Since you have attained physical and mental pliancy through the power of concentration, you can turn your attention to any virtuous object of meditation you choose.

Since you have quelled uncontrolled distraction toward the wrong sort of objects, you are not constantly involved in wrongdoing and any virtue you do is very powerful.

Based on calm abiding, you can achieve good qualities such as the super-knowledges and supernormal powers.

You develop the realization of insight that knows the real nature, whereby you can quickly cut the root of cyclic existence.

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### Objects Of Meditation

A general presentation of objects of meditation

Identifying objects of meditation for this context

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### The Kinds Of Objects


General presentation

Objects themselves

Who should meditate

Synonyms for the object

Context of SERENITY



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### Four General Objects

Universal

Purifying behavior

Expertise

Purifying afflictions

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### Differences Between Images

Discursive

The object of insight

Stabilize with analysis

Non-discursive

The object of serenity


Stabilize without analysis

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### Diversity

• Conventional phenomena

• What does and does not exist



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### Eighteen Constituents

Sense Power

Eye

Ear

Nose

Tongue

Body

Mental

Objects

Visible forms

Sounds

Odors

Tastes

Tangible

Other

Consciousnesses

Eye

Ear

Nose

Tongue

Body

Mental

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### The Real Nature

The reality of emptiness



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### Afflicted Behavior And Purifiers

	<b>UGLINESS – the UNPLEASANT</b> <ul style="list-style-type: none"><li>To purify attachment</li></ul>
	<b>LOVING-KINDNESS</b> <ul style="list-style-type: none"><li>To purify ill-will and hatred</li></ul>
	<b>DEPENDENT ARISING</b> <ul style="list-style-type: none"><li>To purify the delusion of an attachment to self</li></ul>
	<b>DIFFERENTIATION OF THE CONSTITUENTS</b> <ul style="list-style-type: none"><li>Purify the pride of being attached to the constituents</li></ul>
	<b>INHALATION AND EXHALATION</b> <ul style="list-style-type: none"><li>To purify ideation</li></ul>

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### Expertise In Five Objects

Aggregates	<ul style="list-style-type: none"><li>Apart from these, there is no person as an entity distinct from those aggregates.</li></ul>
Constituents	<ul style="list-style-type: none"><li>Knowing the causal conditions by which they arise from their own seeds.</li></ul>
Sources	<ul style="list-style-type: none"><li>Knowing the relationships between the six internal sources, six external sources, a mind having ceased and all their conditions.</li></ul>
Dependent-arising	<ul style="list-style-type: none"><li>The twelve factors are impermanent, suffering and devoid of self.</li></ul>
What is and is not possible	<ul style="list-style-type: none"><li>Being certain in relation to the karmic actions we take.</li></ul>

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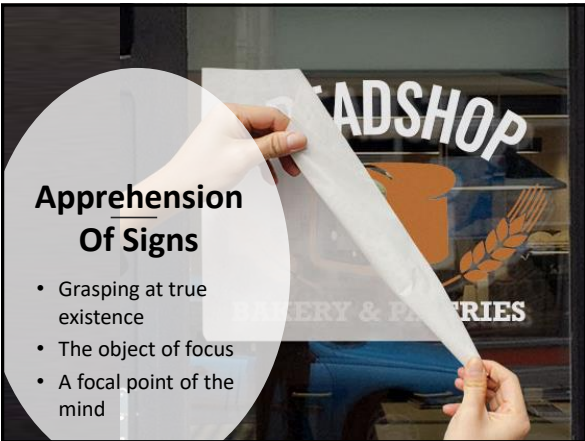
### Objects Of Meditation For Purifying The Afflictions

<b>Ugliness</b> 	<b>Loving kindness</b> 	<b>Dependent arising</b> 
<b>Distinctions amongst the constituents</b> 		<b>Respiration</b> 

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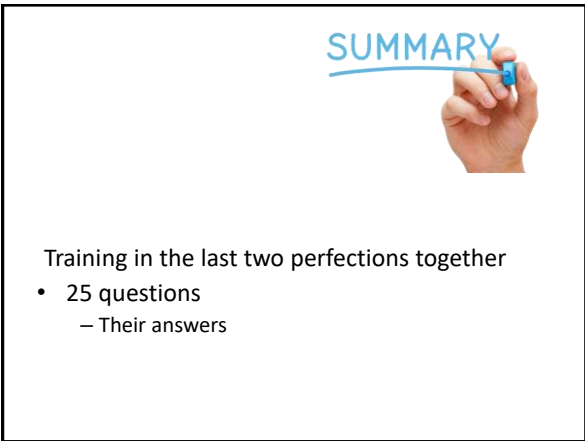
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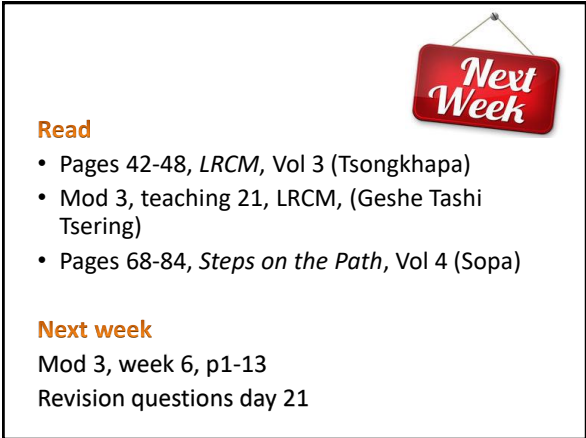
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