

The Six Perfections

Serenity & Insight

2022 – Class 34

Lamrim Chenmo 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

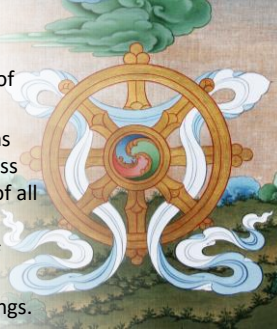
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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.

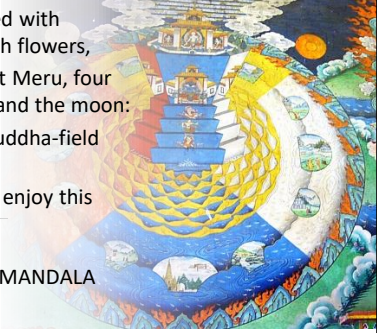


3

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

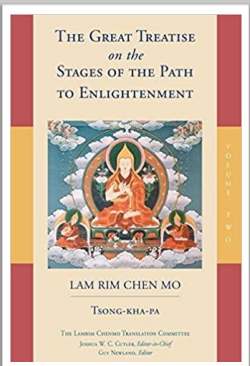


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Today's Topics

Serenity and Insight

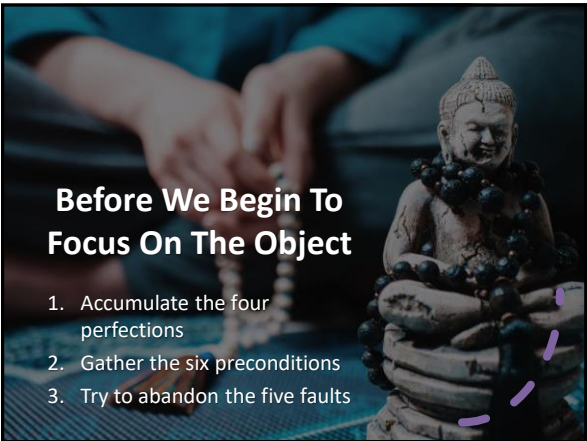
- 31 questions
- Their answers



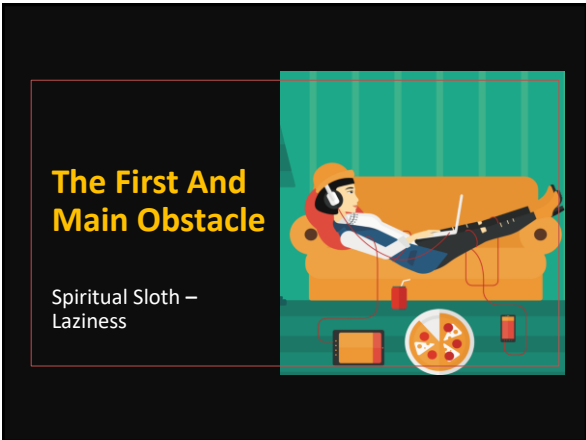
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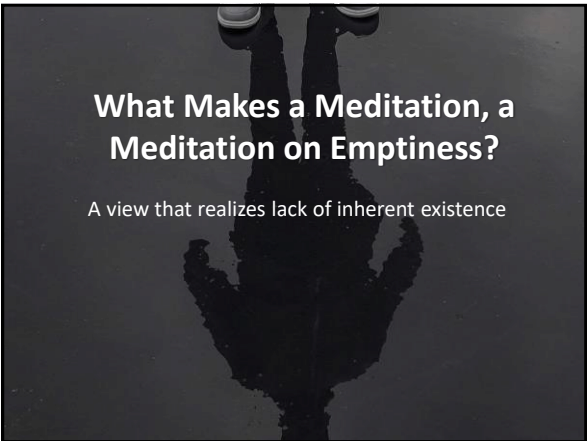
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The Purifiers For Afflicted Behavior




UGLINESS – the UNPLEASANT

- The desirous person to purify attachment




LOVING-KINDNESS

- The angry person to purify ill-will and hatred




DEPENDENT ARISING

- The deluded person to purify attachment to self




DIFFERENTIATION OF THE CONSTITUENTS – The arrogant person to purify the pride of being attached to the constituents



INHALATION AND EXHALATION

- A person who thinks too much to purify ideation

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Balanced Behavior – Slight Affliction

Work at whichever object you like to attain just mental stability

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Five Objects For Expertise

Aggregates

Constituents

Sources

Dependent-arising

What is and is not possible

- Apart from these, there is no person as an entity distinct from those aggregates.
- Knowing the causal conditions by which they arise from their own seeds.
- Knowing the relationships between the six internal sources, six external sources, a mind having ceased and all their conditions.
- The twelve factors are impermanent, suffering and devoid of self.
- Being certain in relation to the karmic actions we take.

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Dispelling Afflictions

Buddhist & non-Buddhist

Attachment of the desire realm

Coarseness of the desire realm and calmness of the form realm

Buddhist & non-Buddhist

Attachment of the form realm


Coarseness of the form realm & calmness of the formless realm

Buddhist

Attachment to the perishing aggregates

Serenity is a basis for insight into the 16 attributes of the 4 noble truths


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Why Are They Called Images?

Because the objects of meditation appear to mental consciousness

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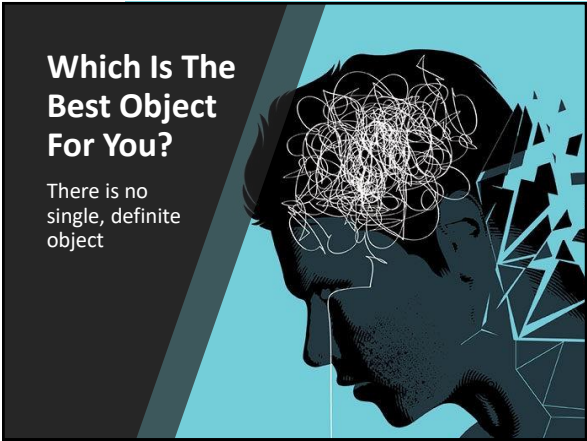
Synonyms For Image

1. Basis of attention
2. Body of internal conceptualization
3. Points upon which the attention is kept
4. Meditative bases for concentration
5. Sign of concentration

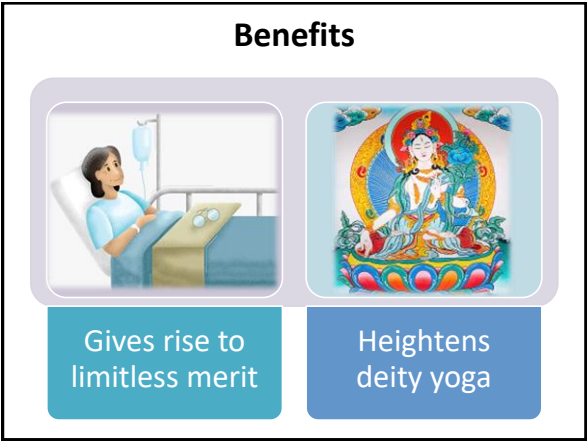
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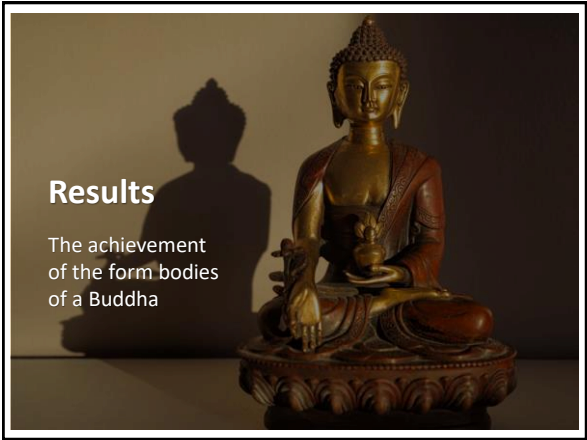
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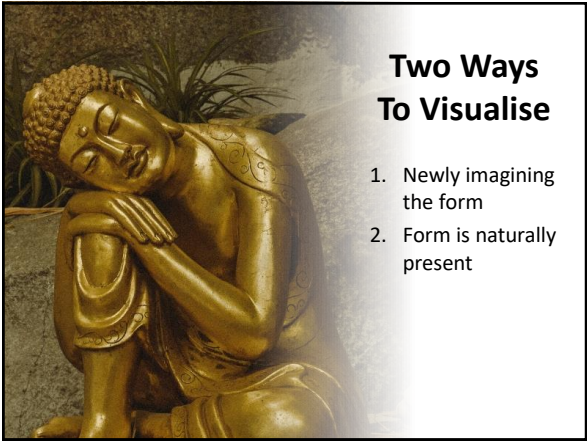
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Seeking The Object Of Meditation

- Look for an excellent image
- Imagine that object frequently
- Reflect upon its meaning often
- Imagine the object alive and real
- Bring it to mind at will



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Meditate Looking At A Statue?

Don't do it!



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Starting The Meditation

- Focus on the easy features first
- Focus on the object with stability
- Don't change the object of focus

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What Must We Avoid?

Shifting our focus to many dissimilar objects of meditation


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Concentrate On A Single Object

Do not shift your focus among many objects of meditation



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To Develop Stability Or Clarity First?


Stability, so that you can focus on your desired object as you wish

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Tantric And Sutra Differences



Stability of calm-abiding in sutra



Clarity in Tantra

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How to focus your mind on the object of meditation

Presenting the flawless method


Eliminating flawed methods

Indicating the length of sessions

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Two Special Features

- Vivid Intensity
- Non-discursive stability




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Why No Inclusion Of Bliss?

Because bliss does not accompany all the concentrations that access the first meditative absorption



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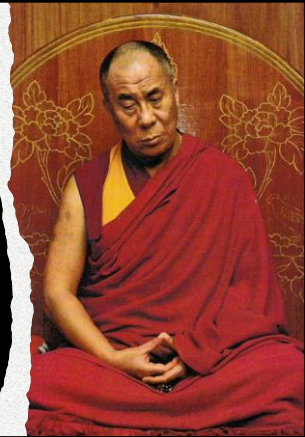
Why No Inclusion Of Limpidity?

Because it's included within clarity

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The Best Mind For Realisations?

The mind of meditative stabilisation.




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Best Mind For Realisation


Desire Realm

Too coarse




Meditative Stabilization

Ideal




Formless Realm

Too subtle



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SUMMARY



Training in the last two perfections together

- 31 questions
 - Their answers

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Read

- Pages 48-55, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 22, *LRCM*, (Geshe Tashi Tsering)
- Pages 84-94, *Steps on the Path*, Vol 4 (Sopa)

Next week

Mod 3, week 6, p14-29

Revision questions day 22



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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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