

The Six Perfections

Serenity & Insight

2022 – Class 34B


Lamrim Chenmo Study Group with
registered FPMT teacher, Eddie Peet



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Refuge & Bodhichitta

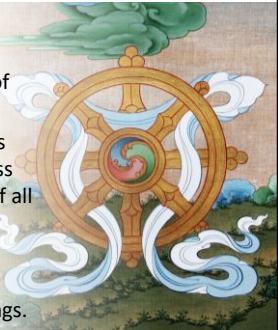
I go for refuge until I am enlightened
To the Buddha, the Dharma,
and the Supreme Assembly
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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

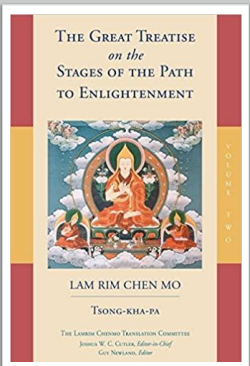


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Today's Topics

Serenity and Insight

- 13 questions
- Their answers



6



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The Purifiers For Afflicted Behavior

| | |
|--|--|
| | UGLINESS – the UNPLEASANT <ul style="list-style-type: none">The desirous person to purify attachment |
| | LOVING-KINDNESS <ul style="list-style-type: none">The angry person to purify ill-will and hatred |
| | DEPENDENT ARISING <ul style="list-style-type: none">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 <ul style="list-style-type: none">A person who thinks too much to purify ideation |

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Five Purifiers For Attachment

| | |
|--|--|
| | MEDITATION ON THE FEELING OF SUFFERING <ul style="list-style-type: none">Pain within your own and others continuum |
| | UNPLEASANTNESS IN RELATION TO SOMETHING ELSE <ul style="list-style-type: none">The inferiority of the body through comparison |
| | UNPLEASANTNESS OF BAD ACTIVITIES <ul style="list-style-type: none">Pleasant bad activities and their karmic outcomes |
| | UNPLEASANTNESS OF THE UNSTEADY, CHANGE – <ul style="list-style-type: none">Coarse and subtle impermanence |
| | CONTEMPLATION OF UGLINESS – the UNPLEASANT <ul style="list-style-type: none">Internal ugliness; putrefaction, rotting etc. |

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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?

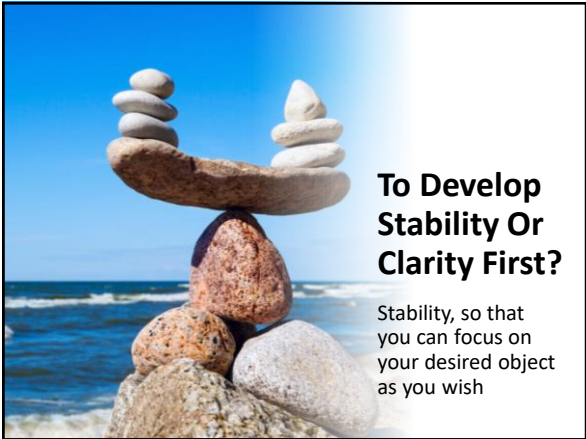
Shifting our focus to many dissimilar objects of meditation

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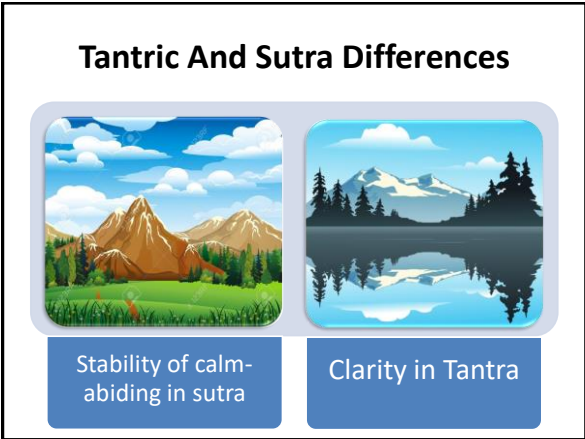
Concentrate On A Single Object

Do not shift your focus among many objects of meditation

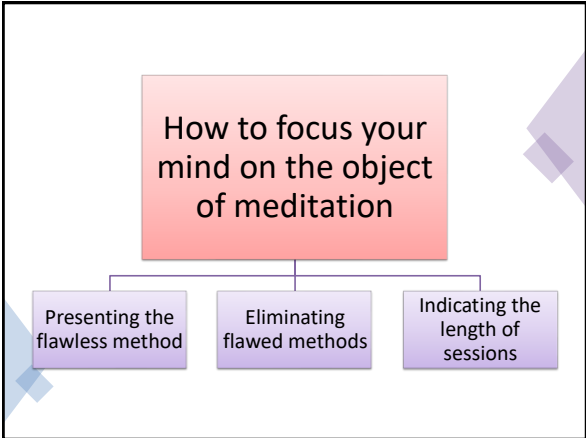
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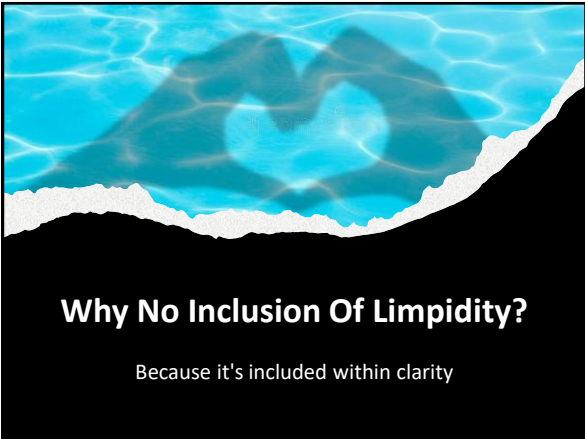
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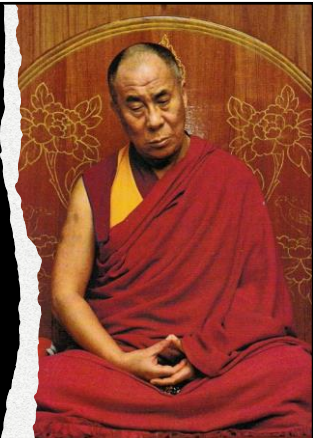
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The Best Mind For Realizations?

The mind of meditative stabilization.




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Best Mind For Realisation

| | | |
|---|--|---|
| Desire Realm | Meditative Stabilization | Formless Realm |
| Too coarse | Ideal | Too subtle |
|  |  |  |

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SUMMARY



Training in the last two perfections together

- 13 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

22

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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