


The Six Perfections

Serenity & Insight

2022 – Class 35

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

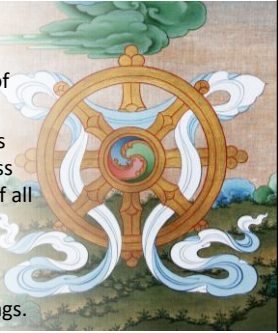
By the merits I create through
listening to the Dharma,
May I become a buddha to
benefit all sentient beings.



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

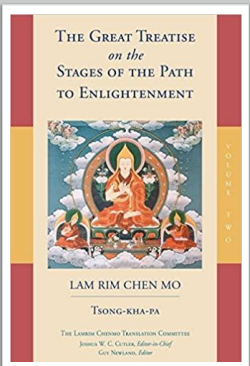


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Today's Topics

Serenity and Insight

- 18 questions
- Their answers



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Two Necessary Elements



MINDFULNESS



VIGILANCE

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The Nature of Mindfulness

Regarding a familiar object, your mind is not forgetful and operates without distraction.



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How Does Mindfulness Function?

Its focus is on a familiar object, it is not forgetful, and it stops distraction.



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Three Features Of Mindfulness

1. A familiar object

2. The mind is not forgetful

3. Attention does not wander



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Is Mindfulness Only Important in the Development of Calm Abiding?

No



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The Analogy Of The Elephant




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The Analogy – Vigilance




Vigilance indirectly focuses your attention on the object of meditation.




It stabilizes your attention



Vigilance notices incipient laxity.



Vigilance notices excitement.



Vigilance does not fall under their influence.

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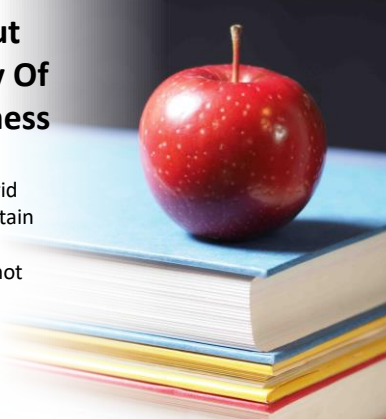
Mindfulness & Mental Factors

Mindfulness is one of the five object ascertaining mental factors

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Without Certainty Of Mindfulness

A limpid clarity without the vivid intensity of certain knowledge will ensue we will not have flawless concentration.



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Too Much Of Both?



TOO MUCH EXERTION
– EXCITEMENT




TOO MUCH RELAXATION
– SUBTLE LAXITY

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Balancing The Two


You will eventually achieve a spontaneous and faultless state of calm abiding



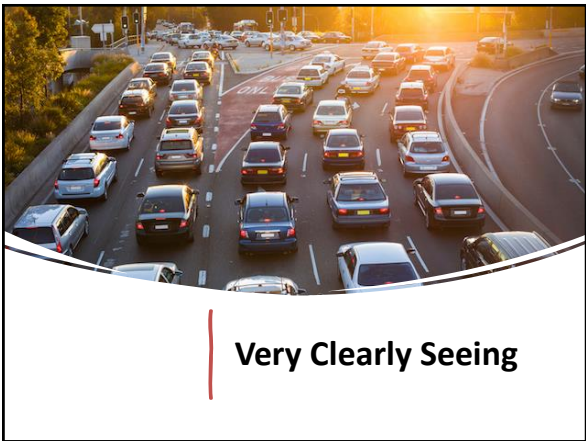
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Mind Very Clearly Sees?

The mind's way of apprehending the object is clear and firm – this is a reference to the mind being alert.




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Very Clearly Seeing

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Sustaining Mindfulness



Monitor your meditation and think about whether you are holding the object of meditation well.

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How to Strengthen Vigilance?

Lock your attention on the object of meditation without distraction, and then monitor your attention.

21

Time Length For Meditation?

NO.
There is no definite set length of time for a meditation session, but short sessions are recommended.



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Advice For Length Of Time

Your meditation should last as long as there are no signs of laxity or excitement.

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Beginner's Problems

You may become distracted due to forgetfulness.



it is easy to fall under the sway of laxity and excitement.

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The Problems Hinder?

- Forgetfulness hinders the development of strong mindfulness.
- Laxity and excitement hinders the strong development of vigilance

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SUMMARY

Training in the last two perfections together

- 18 questions
 - Their answers

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Next Week

Read

- Pages 57-62, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 23, *LRCM*, (Geshe Tashi Tsering)
- Pages 95-104, *Steps on the Path*, Vol 4 (Sopa)

Next week

Mod 3, week 6, p30-41

Revision questions day 23

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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 Verses

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

And as long as space endures,
As long as sentient beings abide,
May I too remain
To dispel the sorrows of the world

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