


# The Six Perfections

## Serenity & Insight

2022 – Class 36

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


# Four Boundless Thoughts

May all sentient beings have happiness and its causes.

May all sentient beings be free from suffering and its causes.

May all sentient beings never be separated from the happiness that is without suffering.

May all sentient beings abide in equanimity, free from the bias of attachment for friends and hatred for enemies.



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# Seven Limb Prayer

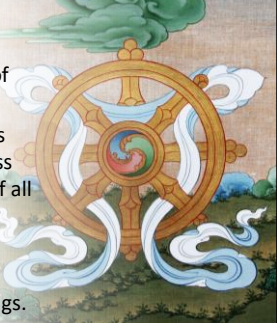
Reverently I prostrate with my body, speech, and mind;

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.



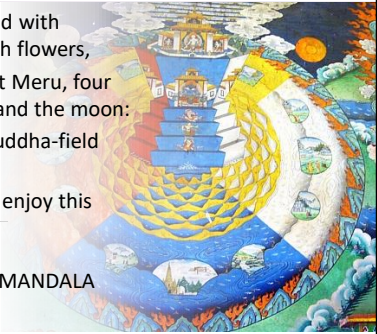
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# Mandala Offering

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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# Suggested Reading









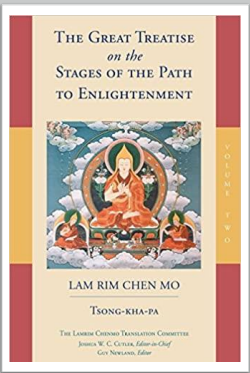


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### Today's Topics

Serenity and Insight

- 26 questions
- Their answers



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### The Outline

(f) **How to train in each:**

1. How to train in meditative serenity (Chapters 2-6)
  - a) **Relying on the preconditions for meditative serenity**
  - b) **How to cultivate serenity on that basis (Chapters 2-5)**
    - 1) Preparation
    - 2) Actual Practice
      - a) Meditative posture
      - b) **The meditative process**
        - 1) How to develop flawless concentration (Chapters 2-4)
          1. What to do prior to focusing on an object of meditation
          2. What do while focusing on an object of meditation
          3. What to do after you focus on an object of meditation (Ch. 4)
        - 2) The stages in which the mental states are thereby developed (Ch. 5)
  - c) The measure of successful cultivation of serenity (Chapters 5-6)
2. How to train in insight (Chapters 7-26)
3. How to unite them (Chapter 26 )

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### Sections (a) and (b)

**(a') Relying on the preconditions for meditative serenity**

- (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.

**(b') How to cultivate serenity on that basis**

- 1) Preparation
- 2) Actual practice

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### The Meditative Process

**b) The Meditative Process**


- 1) How to develop flawless concentration (Ch. 2-4)
  1. What to do prior to focusing on an object of meditation
  2. What do while focusing on an object of meditation
  3. What to do after you focus on an object of meditation (Chapter 4)

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### Why Stop Laxity And Excitement?


#### Laxity Blocks

- Vivid intensity
- Calm abiding
- Insight



#### Excitement Blocks


- Single pointed concentration
- Calm abiding
- Insight




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### Before Stopping Laxity and Excitement

Stop Spiritual Sloth – Laziness



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### What Is Excitement?

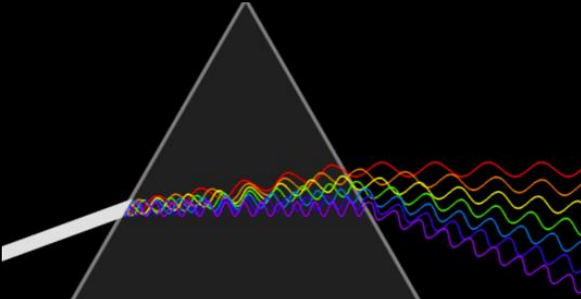
It is an unquiet state of mind, considered a derivative of attachment, which pursues pleasant objects and acts as an impediment to meditative serenity.

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### Three Aspects Of Excitement

Object	Subjective Aspect	Function
Pleasant	Unquiet	Interruptive
Attractive	Scattered outwards	Impedes stabilization

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Is All Scattering Excitement? **No**

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Scattering To A Non-virtuous Object

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Scattering To A Virtuous Object

17




Scattering To A Neutral Object

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The Difference Between  
Excitement and Distraction


Excitement

- Exaggerates
- Superimposes



Distraction

- Wanders
- Scatters




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Is Laxity Lethargy? **No**


Lethargy

- **Non-virtuous** or
- Ethically neutral
- A *cause* for laxity



Laxity

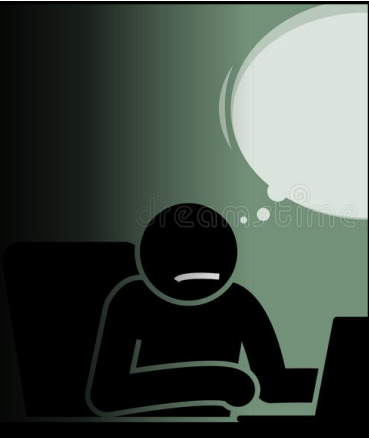
- **Virtuous** or
- Ethically neutral
- A *result* of lethargy



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What is  
Laxity?

The loosening of  
the mental  
clarity of your  
object



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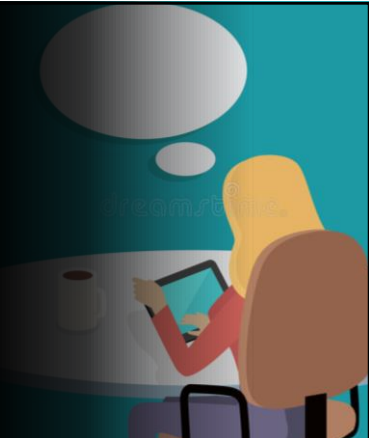
What is Lethargy?

	COARSE	SUBTLE
6 Root Afflictions		
20 Secondary Afflictions		
11 Virtuous Mental Factors		
4 Neutral Mental factors		

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When Has  
Laxity Set In?

When your mind's  
way of knowing  
the object is not  
highly vivid.



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Is Laxity Non-virtuous?

Root Affliction

No

Secondary Affliction

No

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The Mental Factors  
– A Category For Laxity

Non-virtuous

Not Root

Not Secondary

Virtuous

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possible

Ethically neutral

4

possible

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Textual Advice

1. Enlarge the scope of the meditation object


2. Make the object brighter

3. Recall pleasant objects

4. Splash water on your face

5. Go for a walk

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How to Identify Laxity

1. Develop vigilance

2. Strengthen vigilance

3. Strengthen mindfulness

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Two Features Needed to Overcome Laxity

Mindfulness

Is the object of focus present?

Is the object remembered?


Vigilance

Has the object been forgotten?

Laxity?

Excitement?

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What is the Purpose of Vigilance?

To consistently assesses your mental situation

To detect whether excitement is occurring

To detect whether laxity is occurring

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When Are the Two Times We Need Vigilance?

Before

Excitement or laxity occur

As Soon As

Excitement or laxity occur

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### What Will Happen If We Do Not Use Vigilance?

You will never be certain that your meditation is free from laxity and excitement



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### The Most Important Cause Of Vigilance?

The process of maintaining mindfulness



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### How Must Mindfulness And Vigilance Work Together?

You maintain your focus on your chosen object with mindfulness while repeatedly checking for the two obstacles with vigilance.



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### The Second Heading

1. What to do when laxity and excitement occur.
  - 1) Using the remedy for failing to recognize laxity and excitement
  - 2) Using the remedy for failing to try to eliminate them even when they are recognized


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### What Fault is This Associated With?

Laziness

Forgetfulness


Excitement and laxity

 Non-application

Over application

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### SUMMARY



Training in the last two perfections together

- 26 questions
  - Their answers

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**Read**

- Pages 62-69, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 24, *LRCM*, (Geshe Tashi Tsering)
- Pages 104-120, *Steps on the Path*, Vol 4 (Sopa)

**Next time**

Mod 3, week 6, p42-54

Revision questions day 24

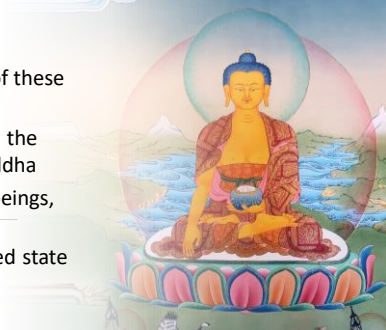
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**Dedication**

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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