


The Six Perfections

Serenity & Insight

2022 – Class 37

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


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.



3

Seven Limb Prayer

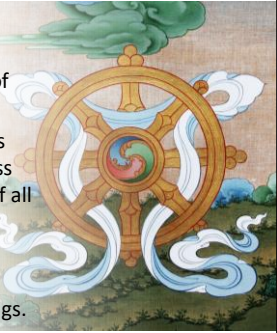
Reverently I prostrate with my
body, speech, and mind;

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.



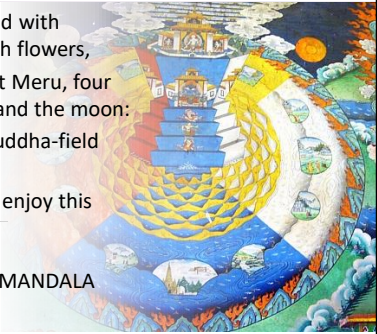
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Mandala Offering

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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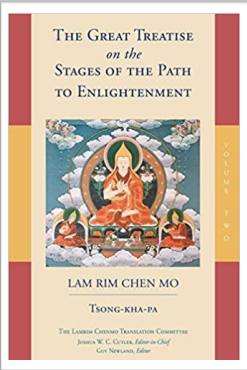
Suggested Reading



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Today's Topics

- Serenity and Insight
- 30 questions
- Their answers



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What is Vigilance?

- It recognizes excitement and laxity

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To keep your focus on your chosen object of meditation

The Job of 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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Continually re-engage in examination

Maintaining the Power of Vigilance and Mindfulness

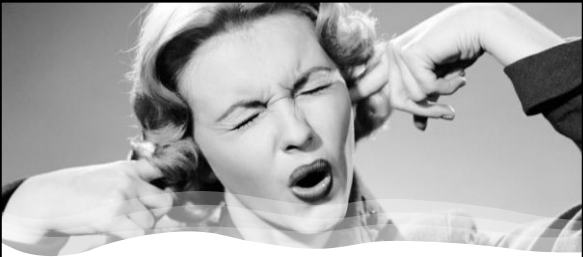
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The Great Problem When Antidotes are not Applied

Your mind will form bad habits and then it will be extremely difficult to develop a concentration free of laxity and excitement.



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In this context, what does non-application mean?

You do not apply the appropriate antidotes to laxity and excitement


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The antidote to the fault of non-application?

An intention that applies your mind to the elimination of laxity or excitement when one of them occurs.

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Laxity and Slackness

“Slack” emphasizes the aspect of laxity that is excessive withdrawal inward

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Direct your mind to delightful things that cause it to expand outward

Advice to Overcome Laxity

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Three Ways To Overcome Laxity



Delightful things



Image of Buddha



An image of light

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The Most Important Remedy

Inspire yourself by cultivating delight

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The Underlying Causes of Laxity



Something that induces these two


Lethargy

Sleepiness

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Inducing Lethargy and Sleepiness

- 1. Bad dreams
- 2. Mental unhappiness
- 3. Physical exhaustion
- 4. Unbalanced food consumption
- 5. Depression



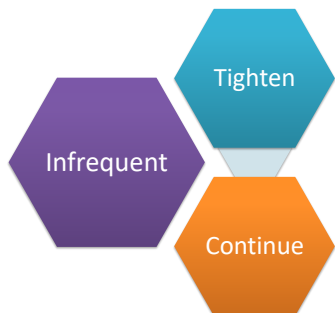
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Opposing the Causes of Laxity



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If Laxity is Light



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The Sign of Brightness

Meditate with a mind that is bright and radiant

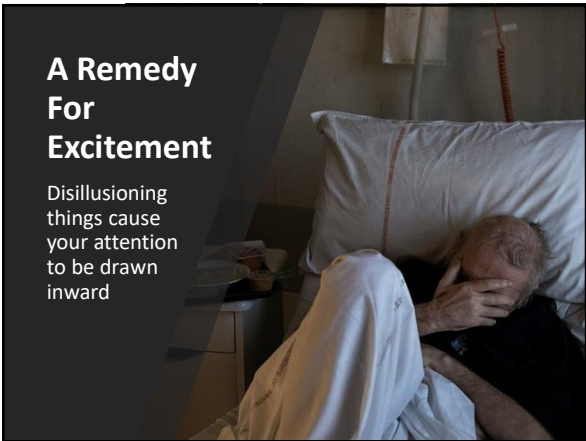
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Why Meditate on Light?

To cut through laxity

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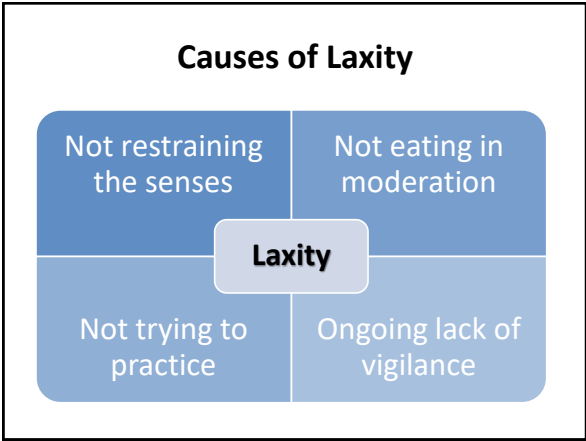
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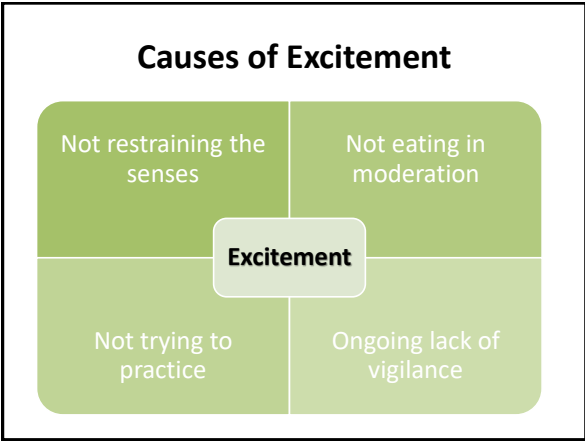
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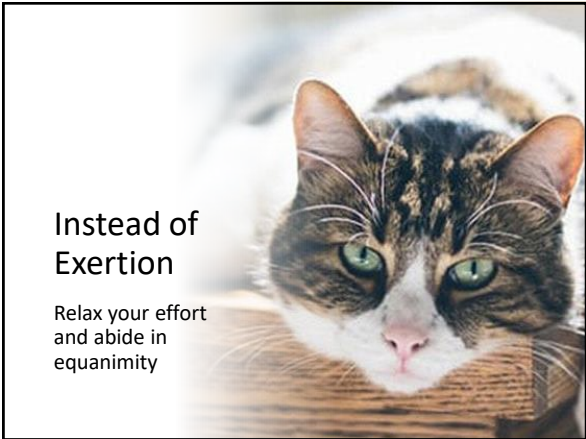
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Three Types of Equanimity

1. Impartiality of feeling
2. Immeasurable impartiality
3. Equanimity with respect to application



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Equanimity with Respect to Application

A mental state preventing lethargy and excitement from arising



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Qualities Of Equanimity


- Balanced
- Spontaneous
- Peaceful

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REMEDY	FAULT	THE REASON IT IS A FAULT
Faith	Laziness of neutral activities	We never begin. We sleep a lot, resting ourselves.
Aspiration	Laziness of ignoble activities	No fascination or confidence in the good qualities and benefits of concentration. We are too busy to begin
Exertion	Laziness of inadequacy	We are without enthusiasm for virtue or joy for the practice. We are discouraged and don't try
Mental pliancy	No suppleness	Without physical or mental suppleness, the body and mind remain unworkable.
Mindfulness	Forgetting instructions	We don't know what to do or else we do it wrongly.
Vigilance	Laxity and excitement	Being excited under the influence of attachment, the mind wanders from its object. The object is lost. When laxity is present, the mind holds the object weakly, and the object is not vivid. Serenity is unachievable.
(Intention in the sense of) Application	Non-application of antidotes	If the antidotes are not applied when they need to be, the mind remains under the control of excitement and laxity, and you will be unable to attain perfect serenity.
Equanimity	Over-application of antidotes	If an antidote is applied when the mind is completely free of both laxity and excitement, the mind will be subtly distracted and no longer serviceable.

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SUMMARY



Training in the last two perfections together

- 30 questions
 - Their answers

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Read

- Pages 69-78, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 25, *LRCM*, (Geshe Tashi Tsering)
- Pages 119-134, *Steps on the Path*, Vol 4 (Sopa)

Next time

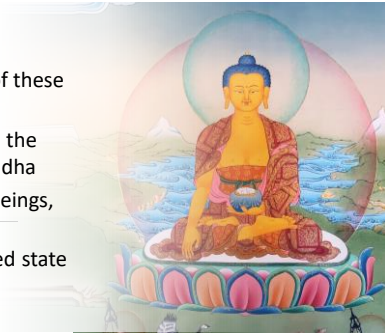
Mod 3, week 6, p1-11

Revision questions day 25

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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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