


# The Six Perfections

## Serenity & Insight

### 2023 – Class 38

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

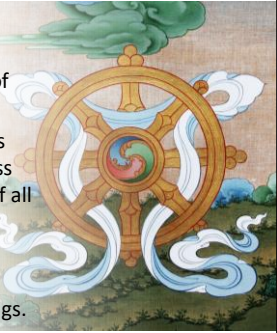
Reverently I prostrate with my body, speech, and mind;

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.



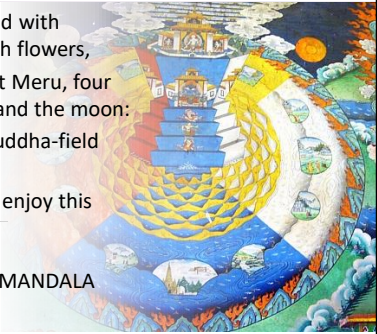
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# Mandala Offering

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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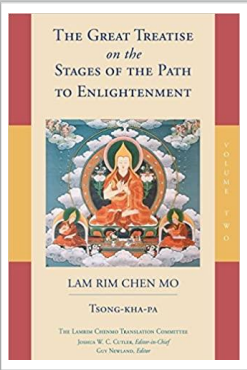
# Suggested Reading



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### Today's Topics

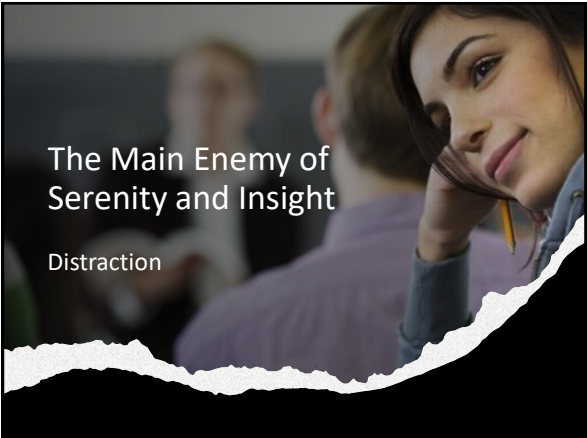
- Serenity and Insight
- 19 questions
- Their answers



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### The Main Enemy of Serenity and Insight

Distraction



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### The Section

The meditative process




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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. We do not apply 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 apply ourselves.
Mental pliancy	No suppleness	The body and mind remain unworkable.
Mindfulness	Forgetting instructions	The mind will quickly stray to objects of attachment and will be unable to focus upon the object of meditation
Vigilance or introspective awareness	Laxity and excitement	These two make the mind unserviceable.
(Intention in the sense of) Application	Non-application of antidotes	Laxity and excitement will not be quelled.
Equanimity	Over-application of antidotes	An excessive exertion of antidotal forces when they are not required will subtly disturb the mind and make it no longer serviceable.

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### Two Earlier Texts



Kamalasila's three Stages of Meditation

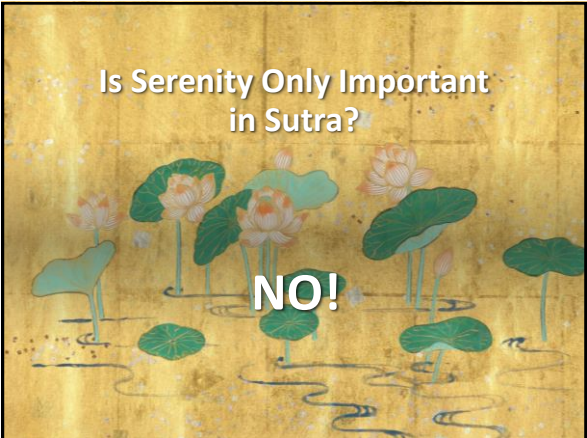


Atisha's commentary on his own Lamp for the Path to Enlightenment

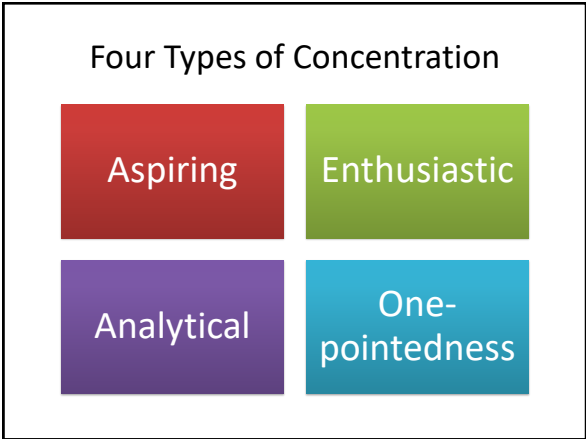
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### Is Serenity Only Important in Sutra?

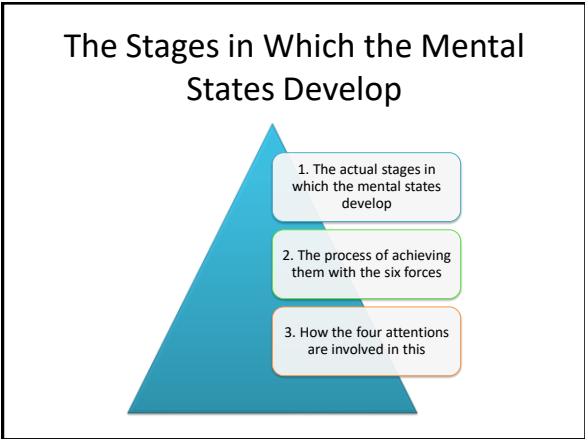
NO!



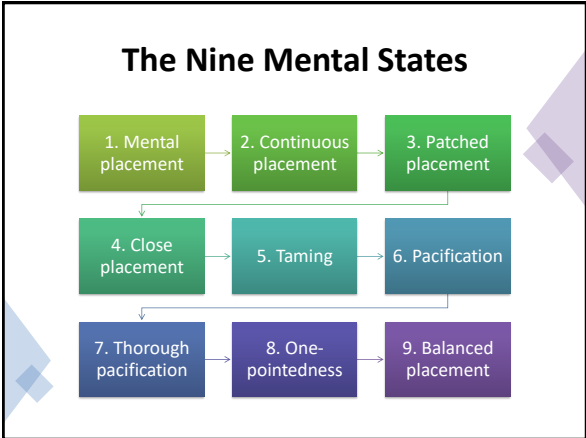
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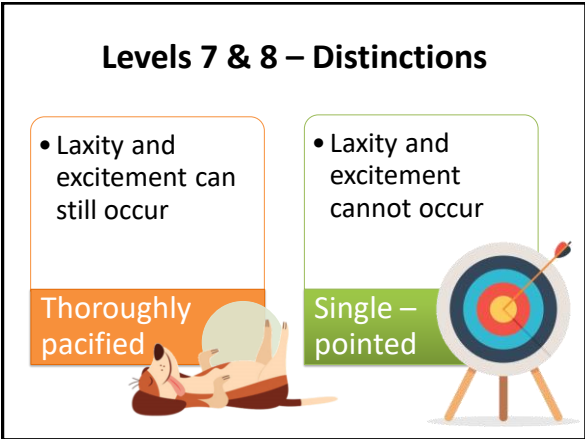


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### Distinguishing Between Levels

	5. TAMING	6. PACIFICATION	7. THOROUGH PACIFICATION
FAULTS of Distraction	The focus is interrupted with subtle laxity being the greater problem	Subtle laxity might occasionally still arise, and subtle excitement remains a problem	The arising of subtle excitement and laxity remain so the focus is still interrupted. Non application of the antidotes may still occur.
BENEFITS of Concentration	You see the good qualities of meditation. Coarse excitement and laxity are no longer problems.	All resistance to serenity is gone. The disadvantages of excitement and laxity are known from the outset. Conviction that distraction is to be abandoned is firm.	Subtle excitement and laxity are easily pacified. They do not scatter the mind. The power of effort quickly and easily pacifies them.

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### Levels 8 & 9 – Distinctions


- Effort is required

Single – pointed



- No effort is required

Balanced



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Laxity and excitement are no longer able to interrupt your attention


### No Interruption

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### Three Activities



Dedication



Familiarisation

REPEAT

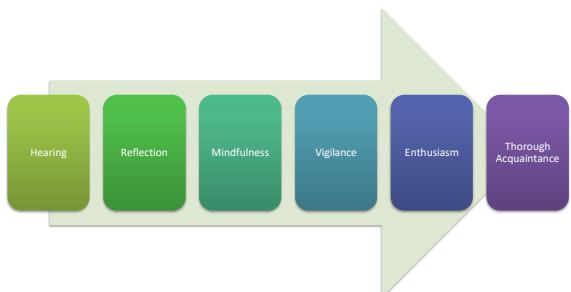
REPEAT

REPEAT

Frequent practice

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### Six Forces



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### Six Forces & Their Mental States

1. Hearing

2. Reflection

3. Mindfulness

4. Vigilance

5. Enthusiasm

6. Thorough acquaintance

1. Mental placement

2. Continual placement

3. Patched

4. Close

5. Taming

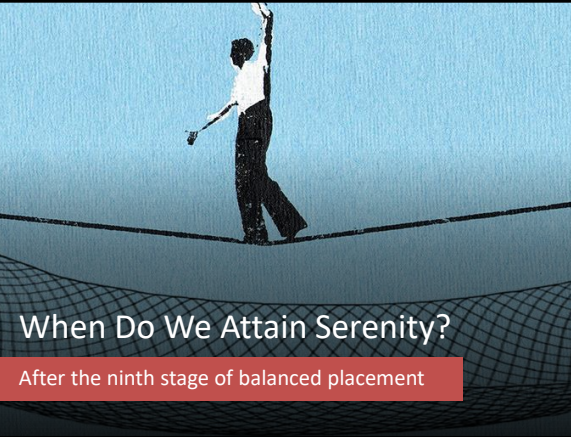
6. Pacification

7. Complete

8. Single pointed

9. Balanced

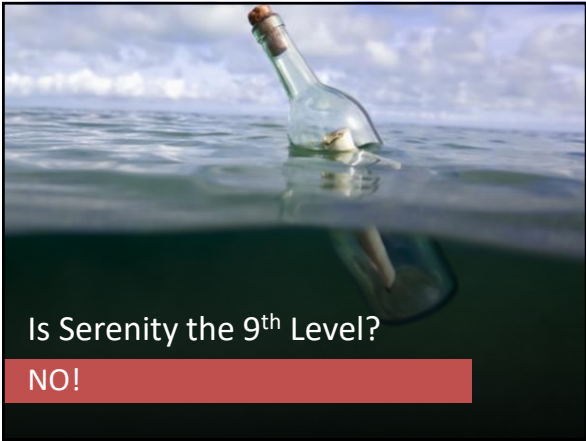
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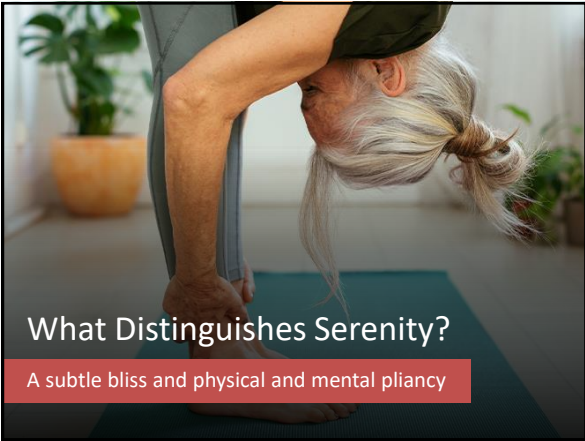
### When Do We Attain Serenity?

After the ninth stage of balanced placement

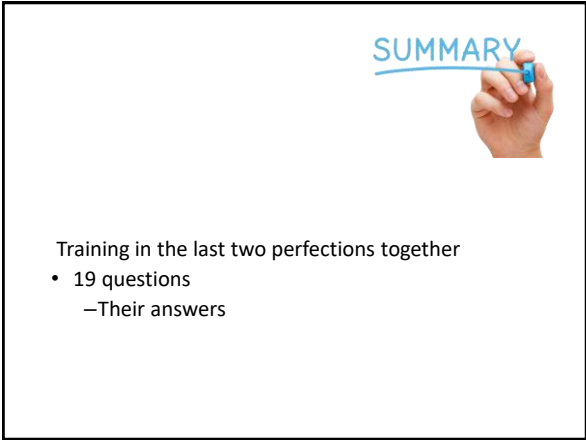
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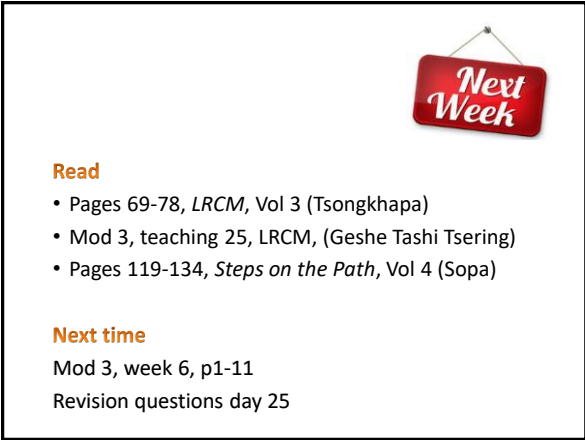
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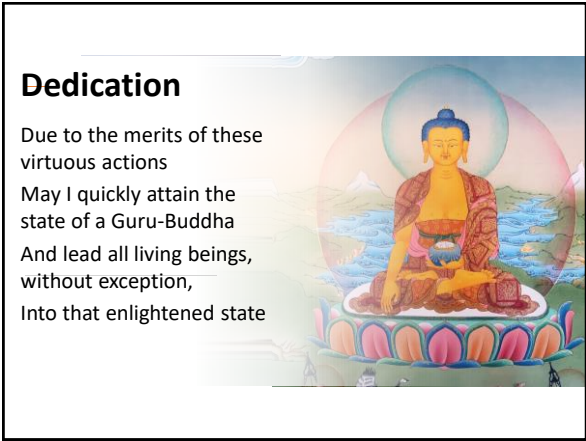
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