


# The Six Perfections

## Serenity & Insight

2022 – Class 39

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.



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# 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

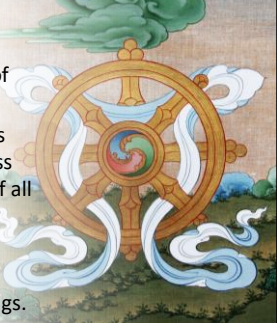
Reverently I prostrate with my body, speech, and mind;

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.



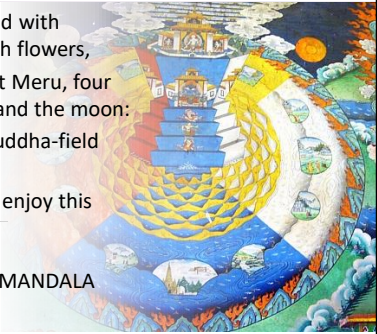
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# Mandala Offering

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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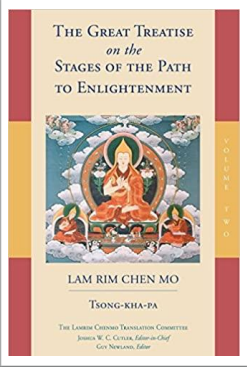
# Suggested Reading



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### Today's Topics

- Serenity and Insight
- 29 questions
- Their answers



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### Attention Refers To

Serenity

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### Four Types of Attention

1.  
Tight focus

2.  
Intermittent focus

3.  
Uninterrupted focus

4.  
Spontaneous focus

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### Nine Stages of Attention

	STAGES	ATTENTION
1	Placing the mind	Tight focus
2	Continued placement	
3	Repeated placement	Intermittent focus
4	Close placement	
5	Taming	
6	Pacifying	
7	Thoroughly pacifying	
8	Making one-pointed	Uninterrupted focus
9	Placement in equipoise	Spontaneous focus

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### Why These Names of Attention?

	STAGE	ATTENTION	REASON FOR NAME
1	Placing the mind	Tight focus	As we need to gain a strong hold on the object, our focus on it must be strenuously tight
2	Continued placement		
3	Repeated placement	Intermittent	Because there is interference by laxity and excitement, concentration is constantly interrupted by scattering to other objects
4	Close placement		
5	Taming		
6	Pacifying		
7	Thoroughly pacifying		
8	Making one-pointed	Uninterrupted	No interference by laxity or excitement
9	Placement in equipoise	Spontaneous	Just a wish to meditate is required

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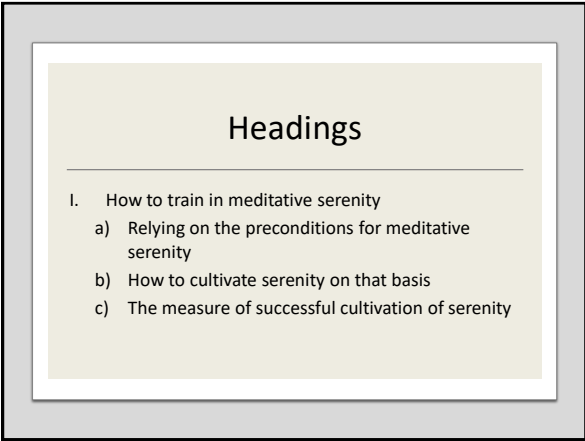
### Differences in Concentration

	STAGE	ATTENTION	DIFFERENCES IN CONCENTRATION
1	Placing the mind	Tight focus	The mind is and is not concentrated
2	Continued placement		
3	Repeated placement	Intermittent	The duration of concentration is much longer but you can't maintain long meditation sessions
4	Close placement		
5	Taming		
6	Pacifying		
7	Thoroughly pacifying		
8	Making one-pointed	Uninterrupted	You can meditate in long sessions without laxity and excitement
9	Placement in equipoise	Spontaneous	You can meditate in long sessions without exertion

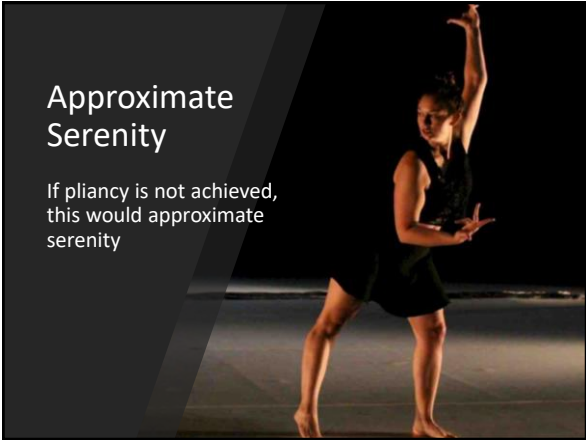
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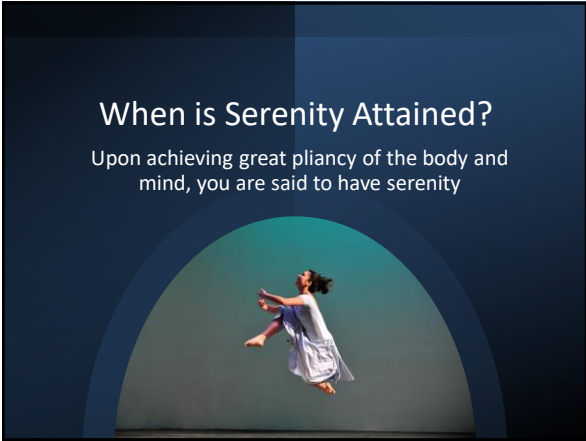
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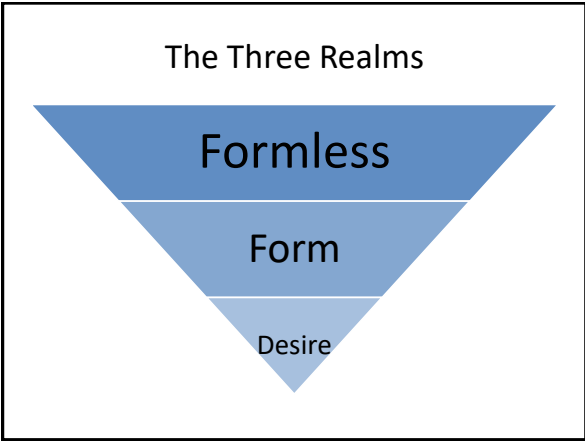
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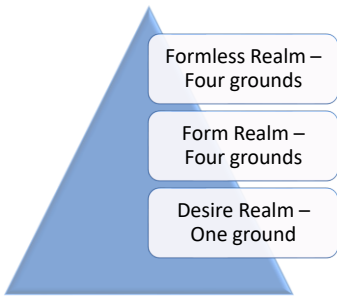


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Nine Grounds, Three Realms

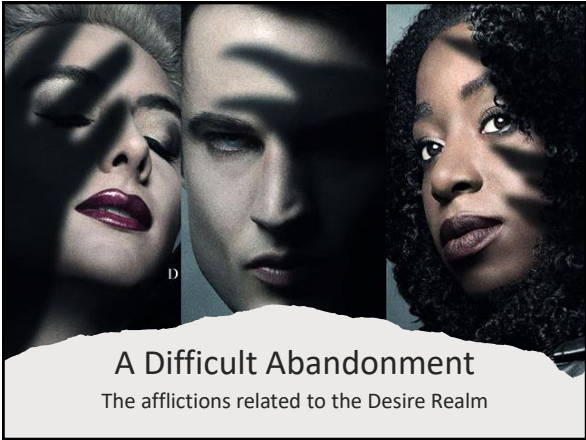


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Desire Realm Body, Higher Realm Mind  
A desire realm being can have a higher realm mind



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A Difficult Abandonment  
The afflictions related to the Desire Realm

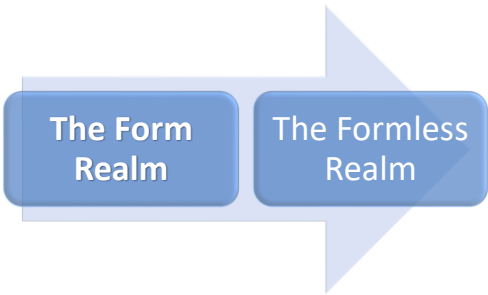


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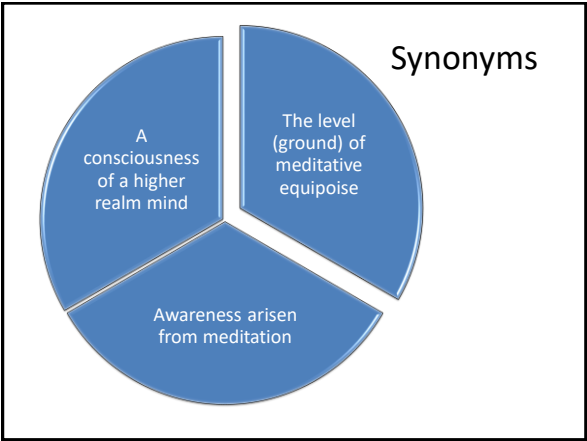
If Pliancy Has  
Not Arisen?

You have a one-pointed  
mind of the Desire Realm

The Level of Meditative Equipose

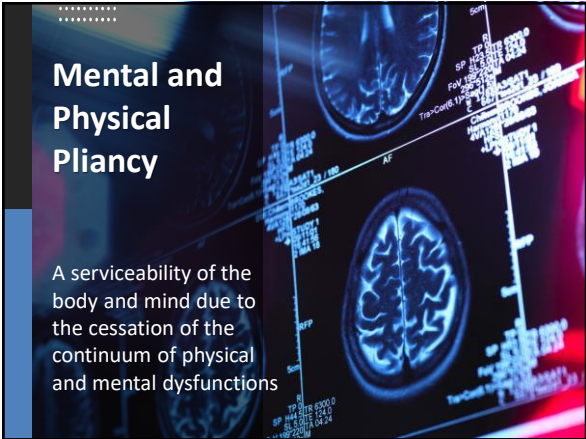


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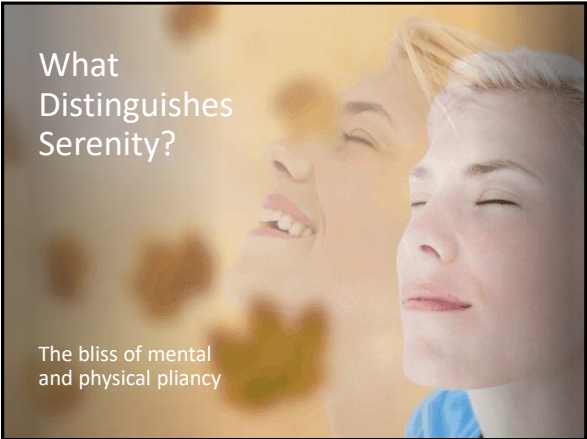


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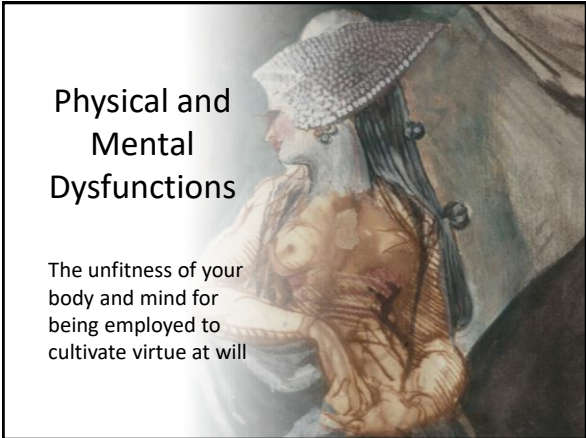




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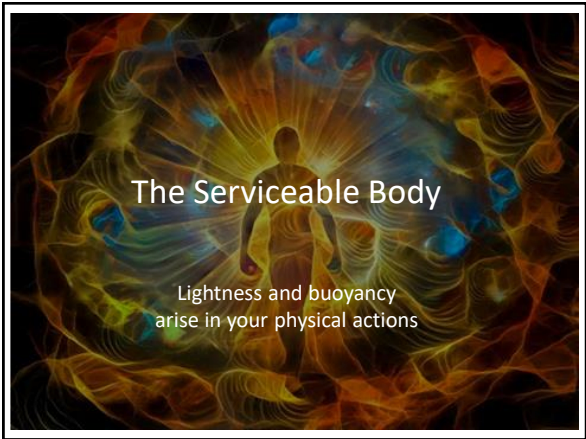
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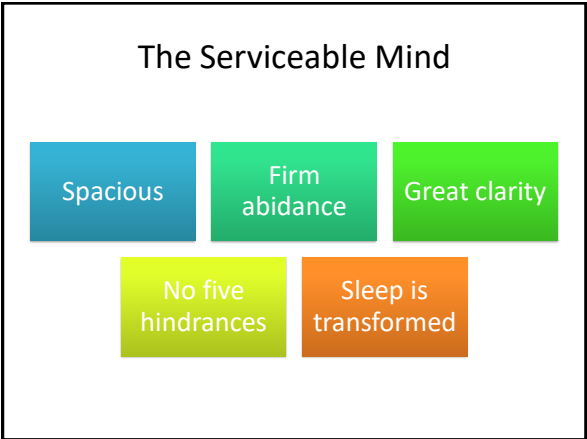
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The Category Of Afflictions

They resemble afflictions

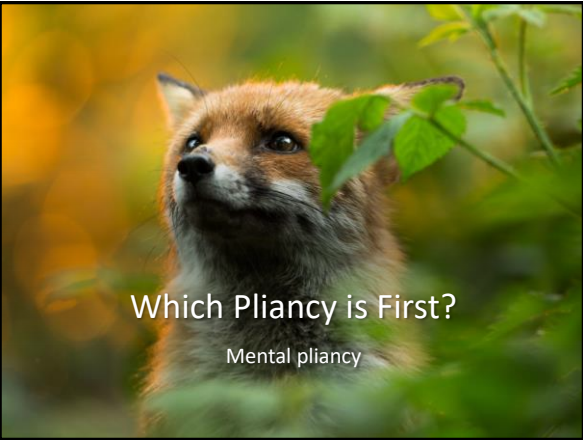
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Before Pliancy

The brain feels heavy  
There is a pleasant tingling sensation

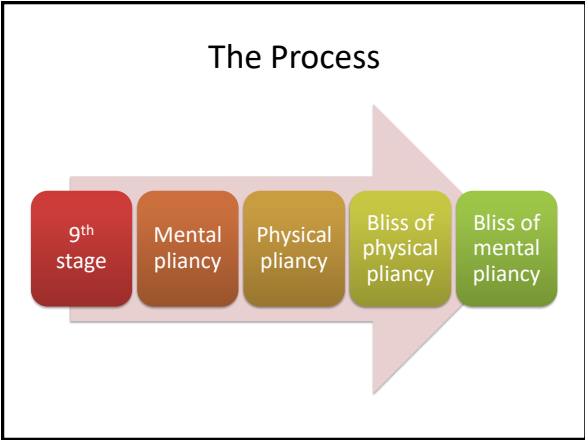
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Which Pliancy is First?

Mental pliancy

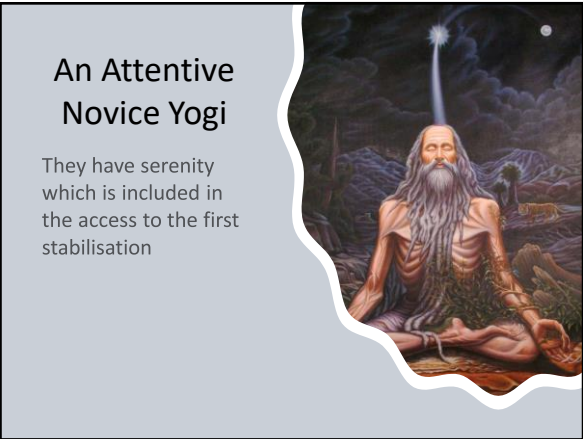
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The Process

- 9th stage
- Mental pliancy
- Physical pliancy
- Bliss of physical pliancy
- Bliss of mental pliancy

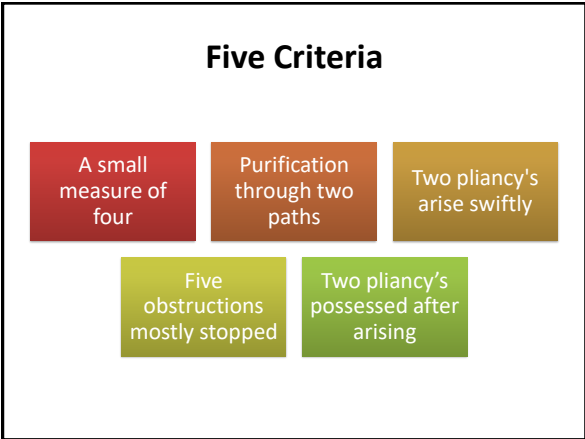
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An Attentive Novice Yogi

They have serenity which is included in the access to the first stabilisation

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Five Criteria

- A small measure of four
- Purification through two paths
- Two pliancy's arise swiftly
- Five obstructions mostly stopped
- Two pliancy's possessed after arising

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SUMMARY



Training in the last two perfections together

- 29 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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