


# The Six Perfections

## Serenity & Insight

### 2023 – Class 40

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.



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# Seven Limb Prayer

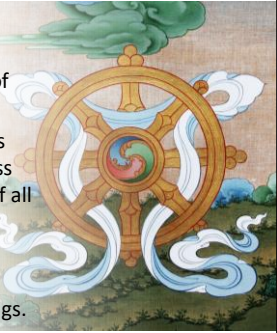
Reverently I prostrate with my body, speech, and mind;

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.



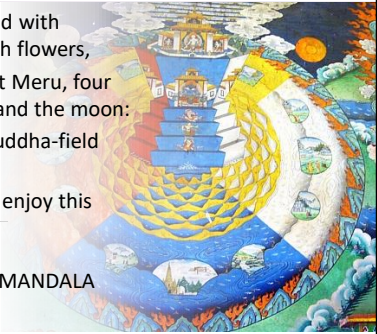
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# Mandala Offering

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



5

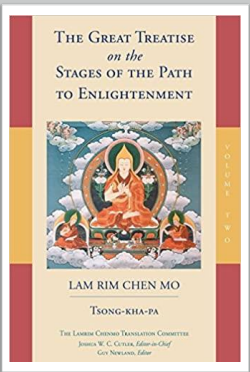
# Suggested Reading



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### Today's Topics

- Serenity and Insight
- 17 questions
- Their answers



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### The 9<sup>th</sup> is not a Ground

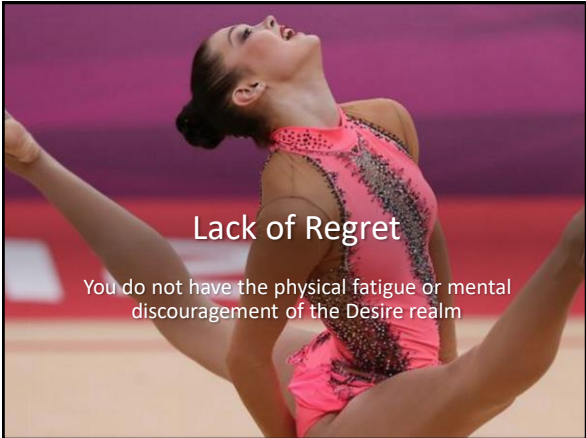
9<sup>th</sup> mental state

- A Desire realm mind
- Not a ground of meditative equipoise

9<sup>th</sup> mental state

- No lack of regret
- No supreme delight
- No pliancy
- No bliss

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### Lack of Regret

You do not have the physical fatigue or mental discouragement of the Desire realm

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### Five Marks of Achievement

	MARKS ASSOCIATED WITH ATTENTION	OBSTRUCTIONS
1	The achievement in a small measure of these four: your mind belongs to the level of form, physical pliancy, mental pliancy, and one-pointedness of mind.	
2	The ability to purify afflictions either by means of the path bearing the aspects of calmness and coarseness, or the path bearing the aspects of the truths.	
3	Once your mind is established inwardly, meditative equipoise and physical and mental pliancy arise ever so swiftly	
4	For the most part, the five obstructions do not occur	1. Sensual desire, 2. Malice, 3. Lethargy & sleepiness 4. Excitement & regret 5. Doubt.
5	When you rise from meditative equipoise, you still possess physical and mental pliancy to some extent	

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### Five Obstructions

Sensual desire

Malice

Lethargy & sleepiness

Excitement & regret

Doubt

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ONE THING

LEADS TO

ANOTHER!

Does Serenity Increase?

YES

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### What Sort of Path is Serenity?

Mundane

- Avoid the coarse
- Seeks calmness

Supramundane

- Liberation
- Buddhahood

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Yes


- Faults of the Desire realm
- Seeks Liberation

No

- Faults of the Desire realm
- Attaining a higher realm

### A Determination to be Free?

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### What is a Path of Practice?

1. The determination to be free
2. The mind of enlightenment

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### A Question

Are blissful, clear, profound, non-discursive concentrations, necessarily meditations on emptiness?

**NO**

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### What Makes it a Meditation on Emptiness?


The person has a realisation of emptiness.

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### Two Means to Remove Doubt



Tripitaka



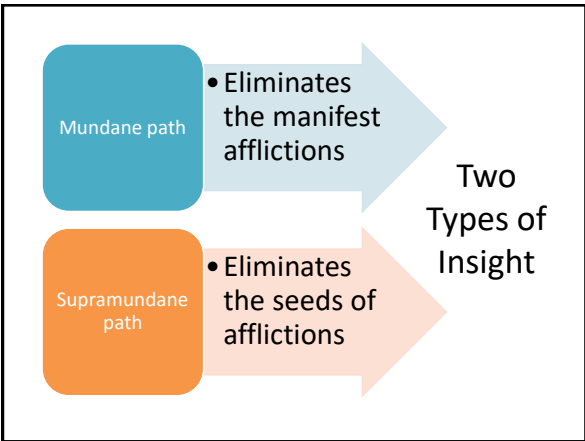
Scripture

Reason

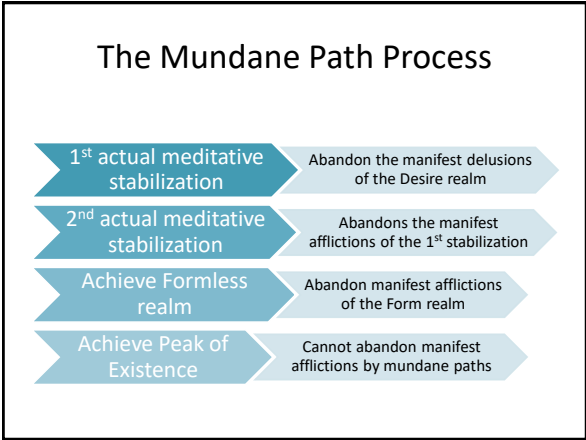
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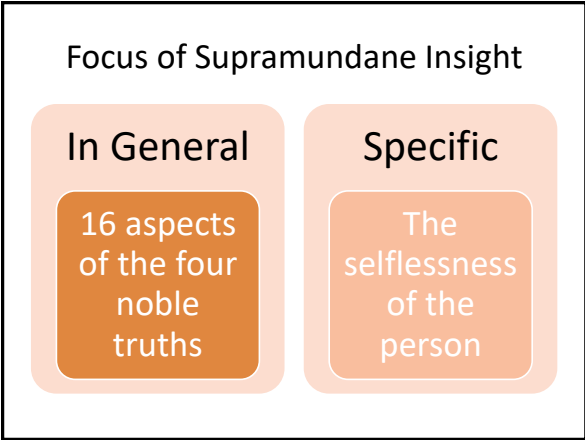
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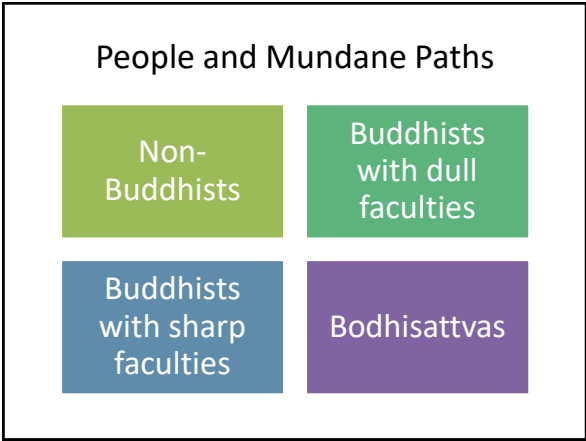
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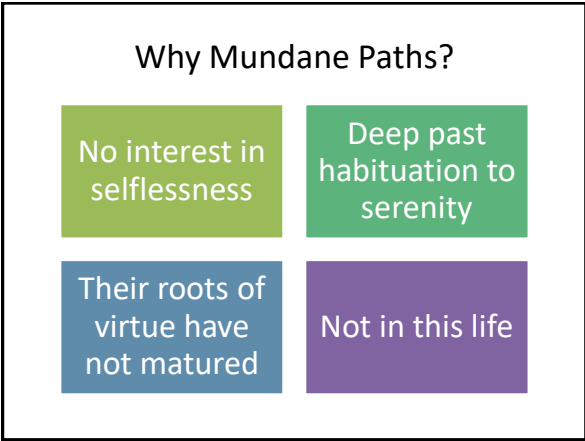
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23



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SUMMARY



Training in the last two perfections together

- 17 questions
  - Their answers

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Read

- Pages 90-101, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 28, *LRCM*, (Geshe Tashi Tsering)
- Pages 1????, *Steps on the Path*, Vol 4 (Sopa)

Next time

Mod 3, week 7, p40-51

Revision questions day 28

26

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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