

The Six Perfections

Serenity & Insight

2023 – Class 41

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

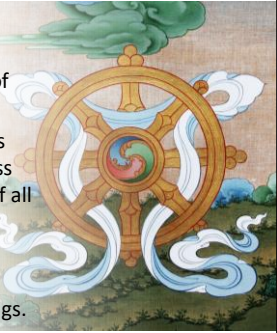
Reverently I prostrate with my body, speech, and mind;

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.



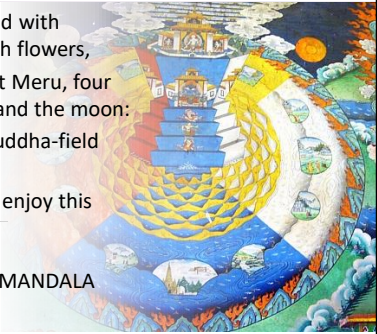
4

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

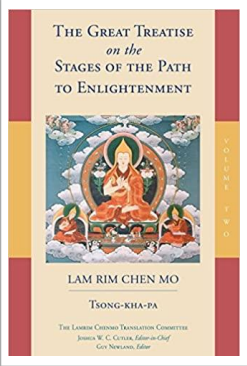


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Today's Topics

Serenity and Insight

- 21 questions
- Their answers



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Samsara

3 Realms

Desire

Form

Formless

3 Spheres

The desire sphere of consciousness

The form sphere of consciousness

The formless sphere of consciousness

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Mundane

- Serenity as the basis for higher meditative absorptions in this life
- Serenity as a basis for rebirth in the Form or Formless Realm in the next life
- Serenity as a foundation for the first five superknowledges
- Serenity that involves mundane insight which contemplates the aspects of calmness and coarseness
- Temporary suppression of afflictions
- Common to Buddhists and non-Buddhists



Supramundane

- Serenity as the foundation for renunciation, bodhicitta, and the correct view
- Serenity as the basis for insight to gain liberation from uncontrollable rebirth within cyclic existence
- The abandonment forever of both the artificial, afflictive and innate afflictions
- Serenity as the basis for the cultivation of insight into the sixteen attributes of the four noble truths
- The permanent abandonment of the afflictive and cognitive afflictions resulting in Buddhahood
- Uncommon – common for Buddhists


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Chief Aim for Attaining Serenity

To achieve **insight**, to **abandon afflictions**



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An Aim Only of Sutra Practitioners?

NO – it is an aim of both sutra and mantra vehicle practitioners

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Two Types of Insight

Mundane Presentations

Common to Buddhists and non-Buddhists

Bears the aspect of calmness and coarseness

Eliminates manifest afflictions

Supramundane Presentations

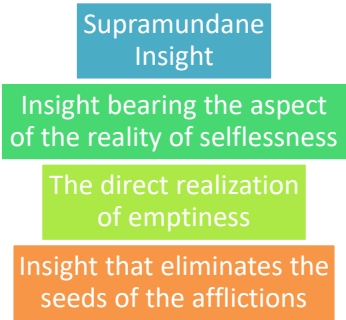
Common to Hinayana and Mahayana

Bears the aspect of the reality of selflessness

Eliminates the seeds of the afflictions

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Which Insight Must We Produce?



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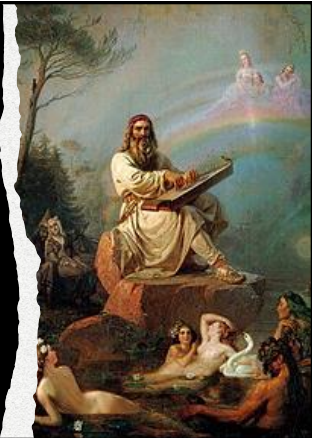
Indispensable
Insight

It is the direct means to
eliminate the seeds of
the afflictions
It cuts the root of cyclic
existence

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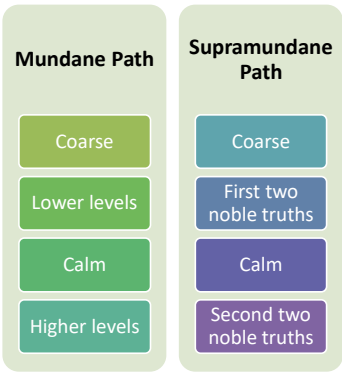
Paths Of
Coarseness &
Calmness

Seek separation from
attachment to the
Desire realm and
achieve the peace of
the higher realms



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Coarse and
Calm,
Mundane and
Supramundane
Paths



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How to Cultivate a Mundane Path

9. The ninth stage of serenity – setting in equipoise
- A beginner at attention
 - The Access state
 - Serenity
 - On the preparatory stage of the first level of the form realm
1. Discernment of characteristics
 - Beginner at purifying afflictions
 2. Arisal from the belief
 3. Isolation
 4. Delight from withdrawal
 5. Analysis
 6. Final application
 7. Result of the final application – an actual absorption

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The Access State –
The Support for an Arya Path

	SEVEN PREPARATIONS (ACCESS)	SEVEN MENTAL PREPARATIONS (SRAVAKA GROUNDS)
1	A mere beginner, which is the initial level of serenity	A beginner at mental contemplation, which is the initial level of serenity
2	Discernment of characteristics	1 Discernment of characteristics (the beginner at purifying afflictions)
3	Arisen from belief	2 Arisen from belief
4	Isolation	3 Isolation
5	Delight or withdrawal	4 Delight or withdrawal
6	Analysis	5 Analysis
7	Final application	6 Final training
	The last liberated path is the actual first meditative concentration	7 The result of the final application (the actual first meditative concentration)

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A Beginner at Attention

A Beginner at Attention	Discernment of Characteristics	A Beginner at Purifying Afflictions
The attention The mere beginner	The aspects of calmness The aspects of coarseness	Mainly analysis which sees the Desire Realm as faulty and the First Concentration as having good qualities and so forth

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A Beginner at Purifying Afflictions

1. A Beginner at Attention	2. Discernment of Characteristics	3. A Beginner at Purifying Afflictions
This comes first and is done before turning attention toward the two aspects	The aspects of calmness The aspects of coarseness	This comes after and refers only to the range of the two aspects

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The Beginning Of the 1st Attention

The access state.
A mere beginner.
Serenity.

1. Discernment of Characteristics

2. Arisal from Belief

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Abandoning Manifest Afflictions?

Mundane Path

The focus is on the coarse and calmness of the realms

Abandon attachment to the Desire Realm

Afflictions are temporarily suppressed but the seeds of the afflictions remain

Supramundane path

The focus is on the coarseness and calmness of the four noble truths

They cultivate insight based on serenity and abandon true sufferings and true origins

They abandon the seeds of the afflictions

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A Difference

- Serenity suppresses
- Antidotes abandon

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Seven
Types of
Attention

The attention to the
discernment of characteristics

Arisal from belief

Isolation

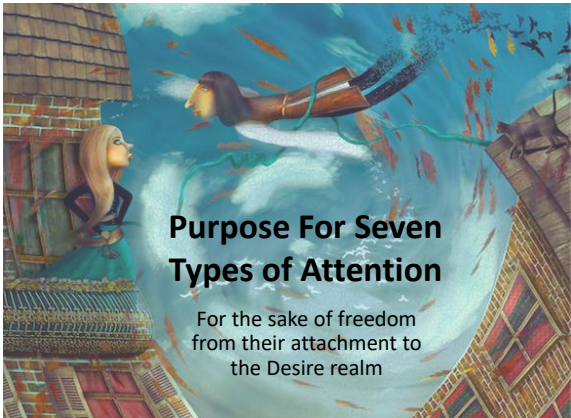
Delight or withdrawal

Analysis

The final application

The result of the final application – the actual
first meditative absorption of the form realm

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Purpose For Seven
Types of Attention

For the sake of freedom
from their attachment to
the Desire realm

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Is Insight
Necessarily
Focused on
Emptiness?


• No

• Insight **DOES NOT**
necessarily focus on
emptiness



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Seven
Attentions
Explained



Discernment of characteristics
- beginner at purifying afflictions

Arisal from belief

Isolation

Delight or withdrawal

Analysis

Final application

Result of the final application
– an actual absorption

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Antidotes to Manifest Afflictions

#3

Isolated
Attention

Gross
afflictions

#4

Delight or
Withdrawal

Middling
afflictions

#6

Final
Application

Small
afflictions

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Cultivating Serenity & Insight Within
the Seven Types of Attention

9. The ninth stage of serenity – setting in equipoise

– A beginner at attention

– The Access state

– Serenity

– On the preparatory stage of the first level of the form realm

1. Discernment of characteristics

– Beginner at purifying afflictions

2. Arisal from the belief

3. Isolation

4. Delight from withdrawal


5. Analysis

6. Final application

7. Result of the final application – an actual absorption

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SUMMARY



Training in the last two perfections together

- 21 questions
 - Their answers

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Read

- Pages 101-111, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 29, *LRCM*, (Geshe Tashi Tsering)
- Pages 164-p33, *Steps on the Path*, Vol 4-5 (Sopa)

Next time

Mod 3, week 8, p1-12

Revision questions day 29

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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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