


The Six Perfections

Serenity & Insight

2023 – Class 42

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

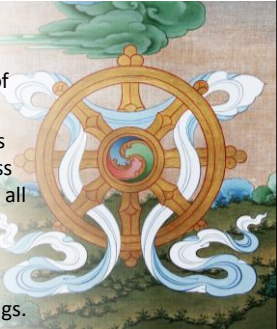
Reverently I prostrate with my body, speech, and mind;

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.



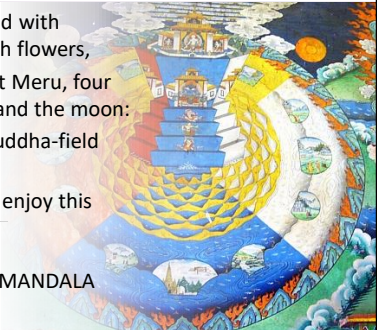
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Mandala Offering

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



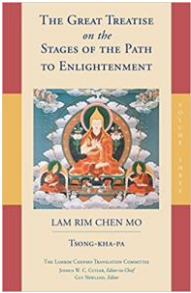
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Suggested Reading



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Today's Topics



Serenity and Insight

- 20 questions
- Their answers

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Five Perfections as Branches and Support



They provide merit for the development of the wisdom truth body.

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Two Aspects, Two Buddha Bodies



Perfect elimination and realization

- The great store of insight for our own well-being – the Dharmakaya



Manifestations of enlightened form

- The great store of merit for the well-being of others – the Rupakaya

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For What Purpose



To accomplish our own well-being.

To accomplish the well-being of others.

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Seven Types of Attention

1. The attention to the discernment of characteristics

2. Arisal from belief

3. Isolation

4. Delight or withdrawal

5. Analysis

6. The final application

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

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Attaining the Seven Attentions

9. The ninth stage of serenity – setting in equipoise

- Serenity
- The Access state
- On the preparatory stage of the first level of the form realm
- A beginner at attention

1. Discernment of characteristics

- Beginner at purifying afflictions

2. Arisal from the belief

3. Isolation

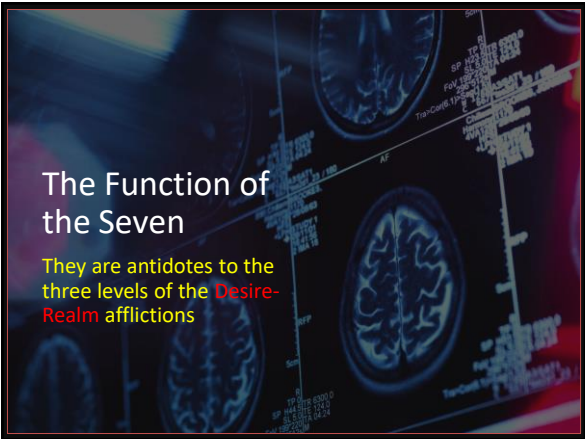
4. Delight from withdrawal

5. Analysis

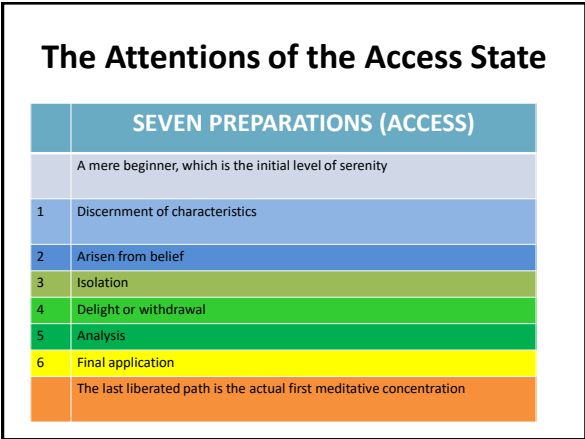
6. Final application

7. Result of the final application – an actual absorption

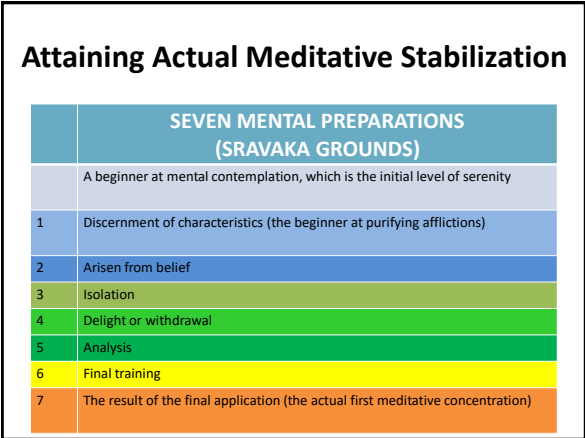
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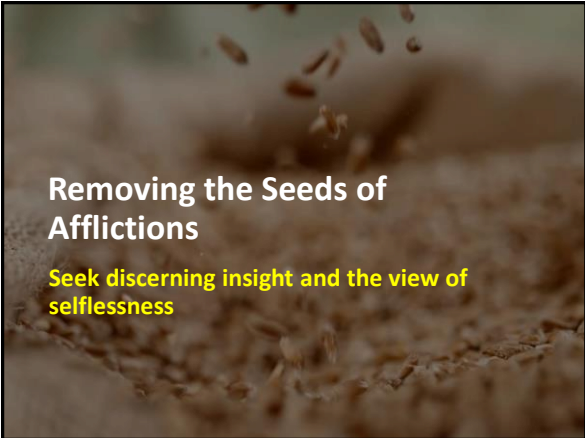
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Three Features of Serenity

Non-discursiveness

Attention is intentionally set

On a single object and stays there

Clarity

Free from laxity

Benefit

Delight

Bliss

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Serenity alone will not free us from cyclic existence



Don't Be Satisfied


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Differentiate Delight and Bliss



Bliss associated with sensory awareness

- Bliss
- Not called delight



Bliss associated with mental consciousness

- Bliss
- Delight

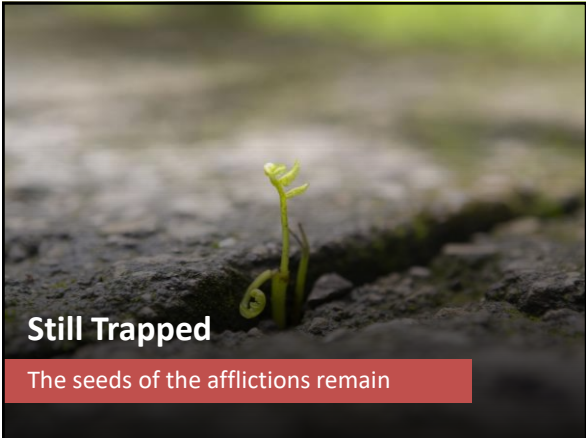
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Pervasions



- Delight pervades bliss
- Bliss is not necessarily delight
- Bliss does not pervade delight

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Still Trapped


The seeds of the afflictions remain

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Perpetuating or Liberating?



Perpetuate with no view of selflessness



Liberate with the view of selflessness

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King of Concentrations Sutra



If you analytically discern
the lack of self in phenomena
And if you cultivate that analysis in
meditation
This will cause the result, attainment
of nirvana;
There is no peace through any other
means.

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What Severs
the Root?

The wisdom of
selflessness



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What Reality?

Ultimately all things are empty
of the two selves

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SUMMARY



Training in the last two perfections together

- 20 questions
– Their answers

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Read

- Pages 13-110, *LRCM*, Vol 3 (Tsongkhapa)
- Revision of material from classes 15-29, *LRCM* 3
- Pages Vol 4, p9-169 & Vol 5, p31, *Steps on the Path* (Sopa)

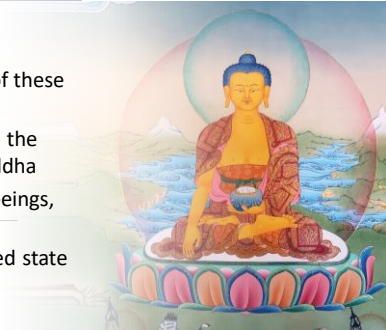
Next time

The test questions & meditations

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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

