


The Six Perfections

Stabilization & Wisdom

EXAMINATION – 2

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

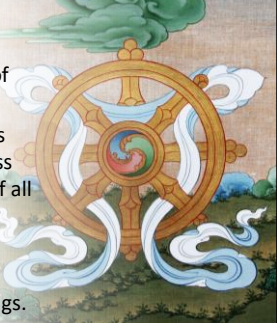
Reverently I prostrate with my body, speech, and mind;

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.



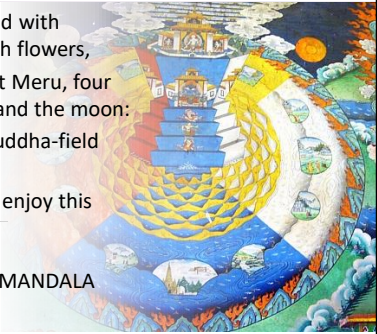
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Mandala Offering

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



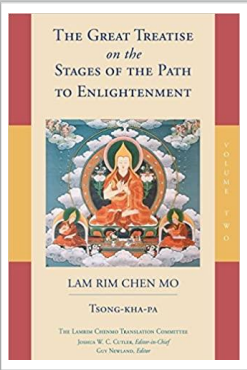
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Today's Topics

The Perfections of Meditative Stabilization and Wisdom Review

Meditative Stabilization

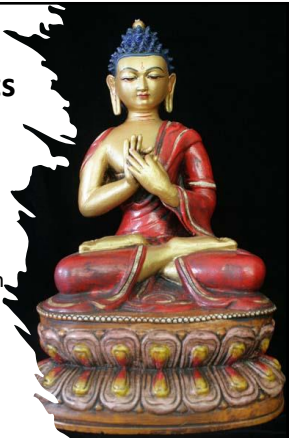
- Tests 5.6.1 to 6.3.5
- 23 questions
- Their answers
- Meditations




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The Eight Elements

- Eyes fixed on the nose
- Nose and navel aligned
- Effortless breathing
- Lips and teeth natural
- Tongue behind upper teeth
- Shoulders straight & even
- Straight spine
- Crossed legs




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Why This Posture Is Best

1. It's conducive to developing pliancy
2. Non-exhaustion
3. Uncommon for others
4. Provokes inspiration
5. Used by Buddhists

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Meditation

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The First Fault Obstructing Serenity

Spiritual Sloth – Laziness



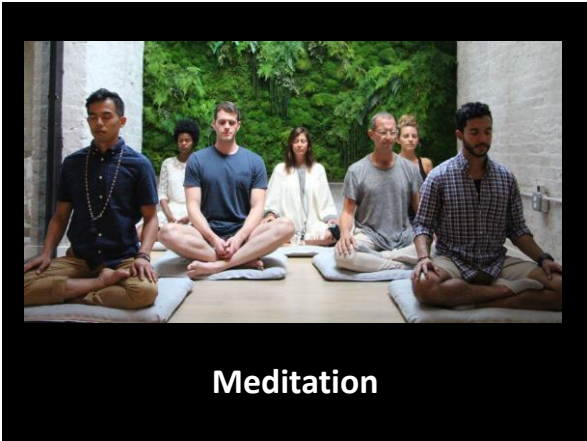
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Remedies For Laziness

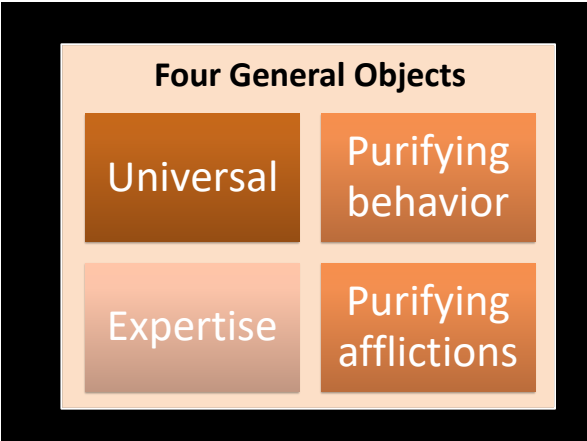
1. Faith – confidence
2. Aspiration – yearning
3. Perseverance
4. Mental pliancy



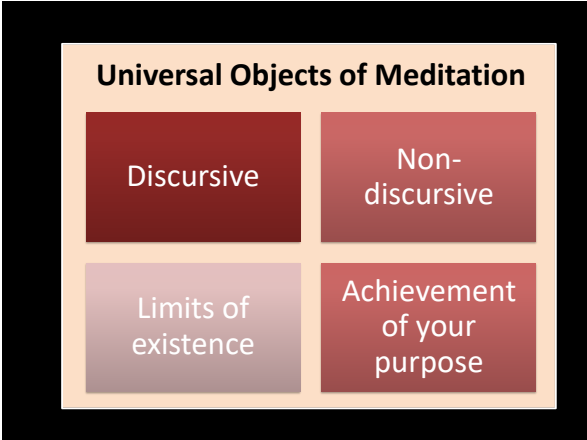
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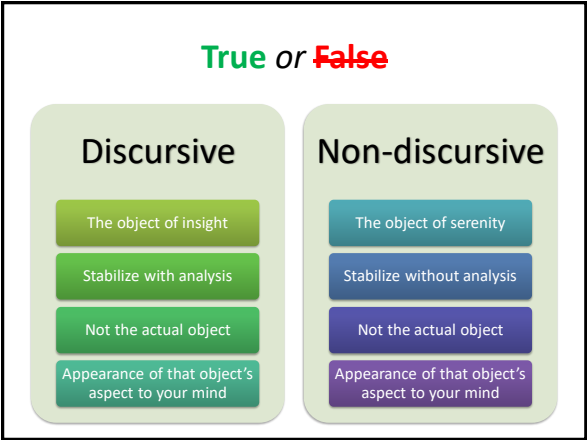
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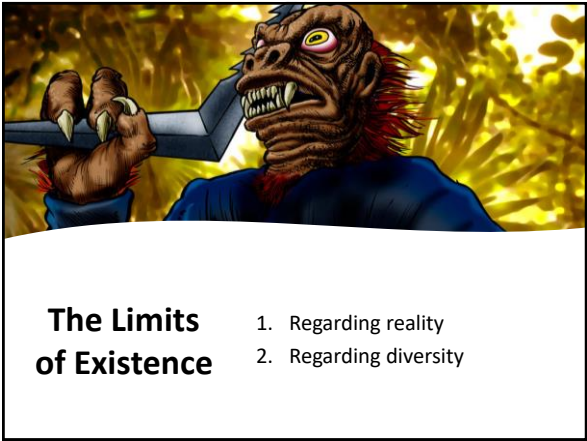
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Expertise In Five Objects

1. Aggregates

2. Constituents

3. Sources

4. Dependent-arising

5. What is and isn't possible

Apart from these, there is no person as an entity distinct from those aggregates.

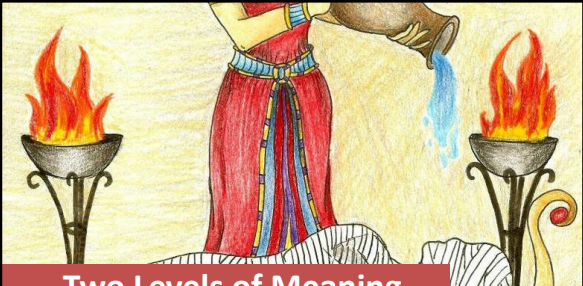
Knowing the causal conditions by which they arise from their own seeds.

Knowing the relationships between the six internal sources, six external sources, a mind having ceased and all their conditions.

The twelve factors are impermanent, suffering and devoid of self.

Being certain in relation to the karmic actions we take.

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Two Levels of Meaning


1. Merely **reducing** the strength of the seeds of the afflictions

2. Utterly **eliminating** the seeds

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The Focal Object of Reduction

The comparative coarseness of the lower stage and the comparative calmness or peace of the higher stage from the Desire Realm to the stage of Nothingness.



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The Focal Object of Elimination


The sixteen aspects of the four Arya truths

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Afflicted Behavior And Purifiers

BEHAVIORAL FLAWS	THE REMEDIES
Attachment	Ugliness – the unpleasant 
Ill will and hatred	Loving kindness 
Attachment to self – ignorance	Dependent arising 
Pride of being attached to the aggregates	Differentiation of the constituents 
Ideation	Inhalation and exhalation 

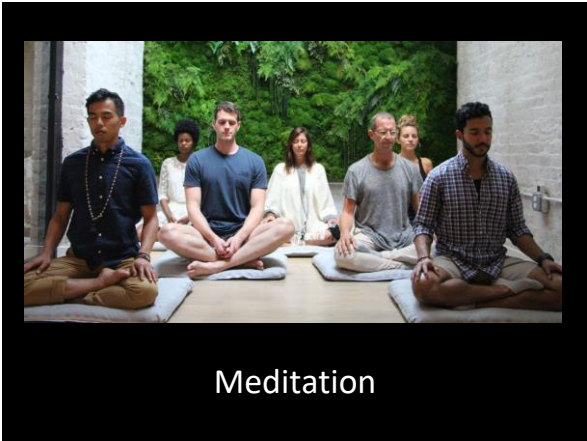
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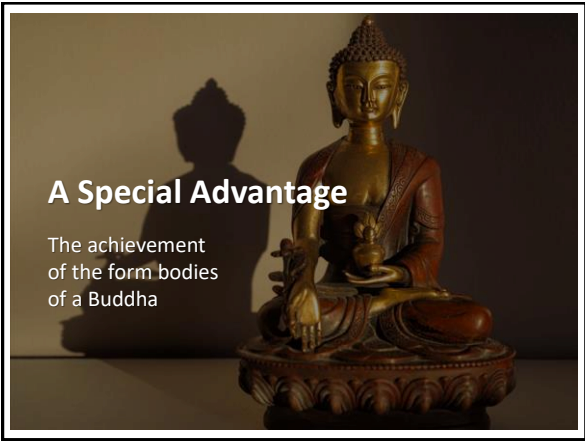
Five Remedies – Which Object?

Objects of meditation for purifying behavior

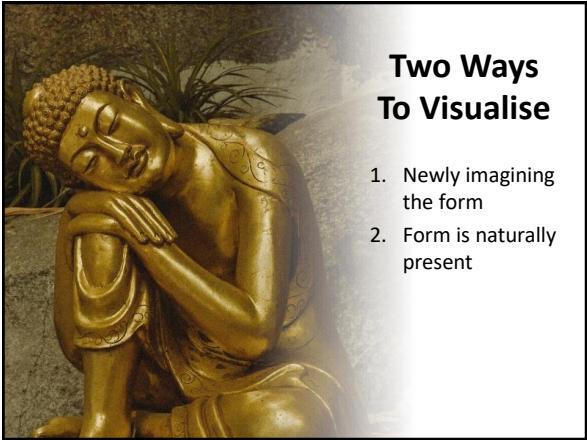
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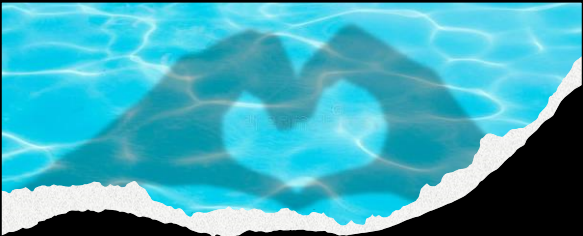
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Why No Inclusion Of Limpidity?

Because it's included within clarity

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What Stops Intensity & Stability?

Laxity Blocks <ul style="list-style-type: none">• Vivid intensity• Calm abiding• Insight 	Excitement Blocks <ul style="list-style-type: none">• Stability• Calm abiding• Insight 
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Meditation


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What's The Take-Away?

- We have the 23 answers included in test 5.6.1 up to test 6.3.5
- We know the posture for meditating, obstacles, and remedies, and many of the objects of meditation

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Read

- Pages 48-68, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 34-37, *LRCM*, (Geshe Tashi Tsering)
- Pages 84-115, *Steps on the Path*, Vol 4 (Sopa)

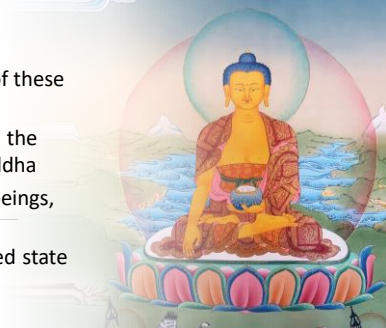
Next week

- Tests 6.4.1 to 6.7.5
- 23 questions

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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

