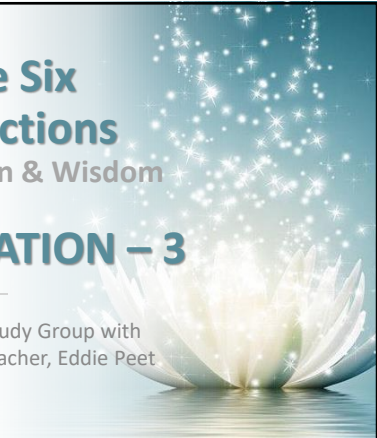


The Six Perfections

Stabilization & Wisdom

EXAMINATION – 3

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

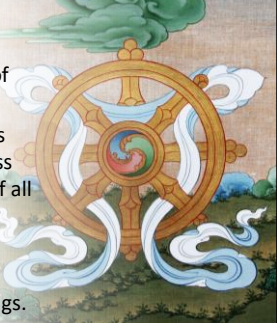
Reverently I prostrate with my body, speech, and mind;

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.



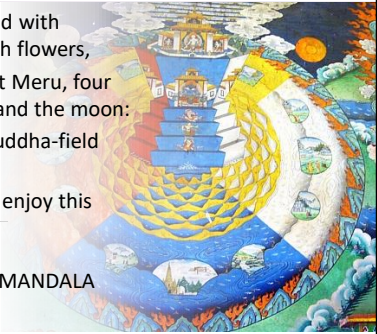
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Mandala Offering

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



5



Suggested Reading

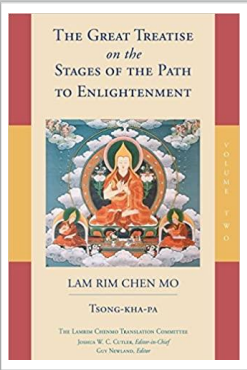
6

Today's Topics

The Perfections of Meditative Stabilization and Wisdom Review

Meditative Stabilization

- Tests 6.4.1 to 6.7.5
- 23 questions
- Their answers
- Meditations



7

Two Applications



MINDFULNESS




VIGILANCE

8

Three Features Of Mindfulness

1. A familiar object
2. The mind is not forgetful
3. Attention does not wander



9

Too Much Of Both?



TOO MUCH EXERTION
– EXCITEMENT



TOO MUCH RELAXATION
– SUBTLE LAXITY

10

Length Of A Meditation Session?

Short and frequent sessions are recommended.


- 24 minutes
- 24 minutes plus



11

Beginner's Problems

You may become distracted due to forgetfulness.




it is easy to fall under the sway of laxity and excitement.

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Mindfulness & Vigilance

1. Imagine you are meditating. Recollect the key components you need to achieve perfect serenity.
2. How will mindfulness and vigilance contribute to maintaining focused attention on your object?
3. What challenges might you face during the meditation session?
4. How will you address those challenges?




MEDITATION

13

Which is Worse?

- Forgetfulness hinders the development of strong mindfulness.
- You don't have the object.



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Three Aspects Of Excitement

Object	Subjective Aspect	Function
Pleasant and	Unquiet and	Interruptive and
Attractive	Scattered outwards	Impedes stabilization

15

Is Excitement Distraction? - NO


Excitement

16


What does Laxity Mean?

There is no vividness or firmness.

Apprehension of the object of meditation is slack.



17



What is Lethargy?

The heaviness of the body and mind that is the unserviceability of the body and mind associated with delusion.

18

The Relationship Between
Lethargy And Laxity

Lethargy

19

Are Lethargy & Laxity Virtuous?

NO

Lethargy

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Lethargy & Laxity

1. Imagine you are in a long meditation session. What are the four common challenges you face?

2. How did you easily address these challenges?

3. What role does lethargy play in relation to laxity?

4. What practices and skills do you need to detect lethargy, and to stop laxity and excitement during your meditation session?

5. How did laxity, excitement, and distraction differ as mental factors in meditation?

MEDITATION

21

When Are the
Two Times We
Need Vigilance?

Before

22

The Most
Important Cause
Of Vigilance?

The process of maintaining
mindfulness

23

The 7th
Application

An intention that
applies your mind to
the elimination of laxity
or excitement when
one of them occurs.

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4



An intention that applies your mind to the elimination of laxity or excitement

The 7th Application – Intention

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Excitement & Distraction

1. Imagine you are meditating. Excitement and distraction hinder you. How? What is their source?

2. Imagine you improved your ability to recognize and address excitement and distraction. How?

3. What key factors did you cultivate to effectively detect and prevent excitement and distraction?

4. How did the attitude of renunciation aid in maintaining your concentration on the object of focus?



MEDITATION

26

Three Ways To Overcome Laxity



Delightful things



Image of Buddha

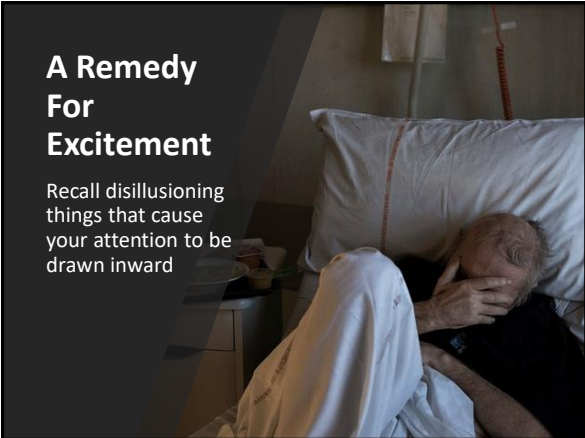


An image of light

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A Remedy For Excitement

Recall disillusioning things that cause your attention to be drawn inward



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Remedies


1. You are meditating. With mindfulness you prevent forgetfulness.

2. You overcome lethargy and sleepiness by focusing on delightful images or the qualities of the Buddha.

3. You counteract laxity by meditating on the light.

4. You direct the mind towards impermanence. Excitement is countered.

5. Intention eliminates faults when they arise.



MEDITATION

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The Many Signs of Laxity

Not restraining the senses

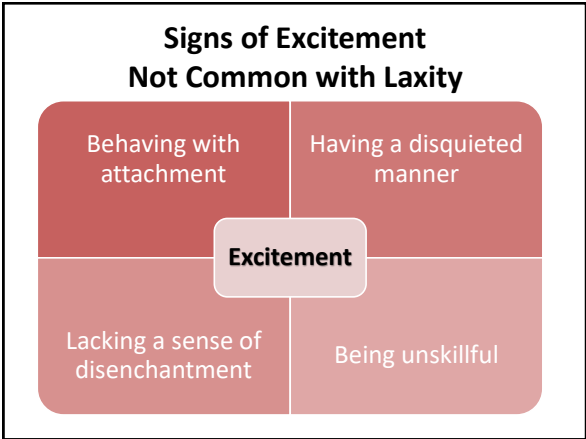
Not eating in moderation

Laxity

Not trying to practice

Ongoing lack of vigilance

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A Summary

1. Imagine you are meditating. What are your potential obstacles to clarity and stability? What will produce these obstacles?
2. How will you better recognize and prevent the faults of excitement and laxity?
3. What role do vigilance, introspection, mindfulness, and intention play in addressing excitement and laxity during meditation

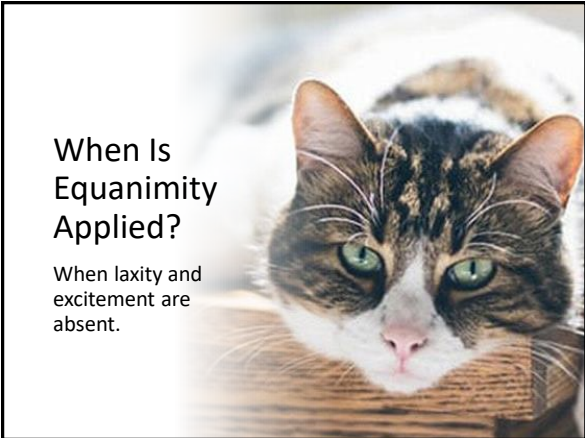
MEDITATION



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34

Three Types of Equanimity

1. Impartiality of feeling
2. Immeasurable impartiality
3. Equanimity with respect to application




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Equanimity

1. Reflect upon the three types of equanimity. Which of them corresponds to the eighth application?
2. When is the eighth application applied?
3. How does the third sense of equanimity relate to śamatha meditation?
4. What does it entail in terms of applying antidotes to laxity and excitement?

MEDITATION




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What's My Take-Away?

- The answers to twenty-three questions and six meditations extracted from Geshe Tashi Tsering's *LRCM commentary, Mod 3 teachings, Week 6, p11-54.*

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Read

- Pages 73-103, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 38-42, *LRCM*, (Geshe Tashi Tsering)
- Pages 115-169, *Steps on the Path*, Vol 4 (Sopa)

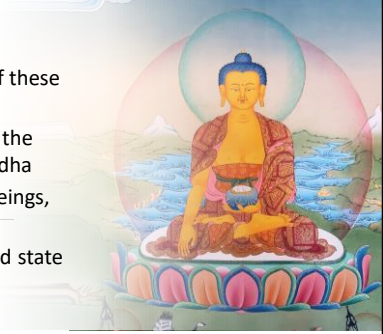
Next time

- Tests 7.1.1 – 7.7.3
- 24 questions and answers
- 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



39

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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