


The Six Perfections

Stabilization & Wisdom

EXAMINATION - 4

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

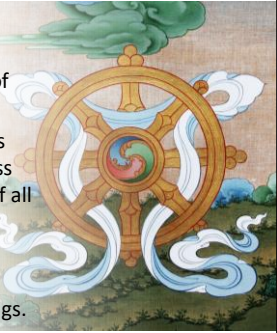
Reverently I prostrate with my body, speech, and mind;

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.



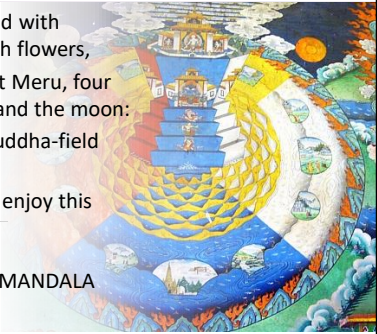
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Mandala Offering

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



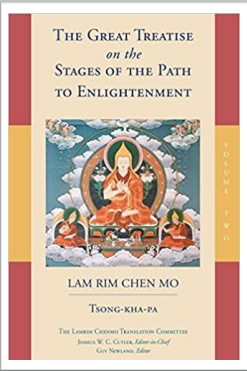
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Today's Topics

The Perfections of Meditative Stabilization and Wisdom Review

Meditative Stabilization

- Tests 7.1.1 – 7.7.3
- 24 questions
- Their answers
- Meditations



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Nine Stages of Attention

	MENTAL STATE	DESCRIPTION
1	PLACING THE MIND	To thoroughly withdraw your mind from all outside objects and direct it inwardly to the object of meditation.
2	CONTINUED PLACEMENT	The mind initially directed to the object of meditation does not stray elsewhere.
3	REPEATED PLACEMENT	When the mind is drawn away by forgetfulness and distracted outwardly you recognize this, and again, fix it upon the object of meditation.
4	CLOSE PLACEMENT	As the force of mindfulness develops, forgetfulness does not create an outward distraction.
5	TAMING	Reflecting upon the advantages of concentration, you take delight in concentration.
6	PACIFYING	Regarding distraction as a fault, you quell any dislike for concentration.
7	THOROUGHLY PACIFYING	There is a fine pacification of the occurrence of attachment, melancholy, lethargy, and sleepiness.
8	MAKING ONE-POINTED	Exerting effort so that you engage the object of meditation effortlessly.
9	PLACEMENT IN EQUIPOISE	The equanimity when the mind becomes balanced.

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The 6 Forces & 9 Mental States

	SIX FORCES	NINE MENTAL STATES
1	FORCE OF HEARING	Placing the mind
2	FORCE OF REFLECTION	Continued placement
3	FORCE OF MINDFULNESS	Repeated placement
4		Close placement
5	FORCE OF VIGILANCE	Taming
6		Pacifying
7	FORCE OF ENTHUSIASM	Thoroughly pacifying
8		Making one-pointed
9	FORCE OF AQUAINTANCE	Placement in equipoise

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4 Attentions & 9 Mental States

	ATTENTION – FOCUS TYPES	MENTAL STATES
1	TIGHT FOCUS	Placing the mind
2		Continued placement
3	INTERRUPTED FOCUS	Repeated placement
4		Close placement
5		Taming
6		Pacifying
7		Thoroughly pacifying
8	UNINTERRUPTED FOCUS	Making one-pointed
9	SPONTANEOUS FOCUS	Placement in equipoise

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Reflecting on Forces & Attentions

	SIX FORCES	FOUR ATTENTION-TYPE STATES
1	FORCE OF HEARING	Tight focus
2	FORCE OF REFLECTION	
3	FORCE OF MINDFULNESS	Interrupted focus
4		
5	FORCE OF VIGILANCE	
6		
7	FORCE OF ENTHUSIASM	
8		Uninterrupted focus
9	FORCE OF AQUAINTANCE	Spontaneous focus

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A Summary for Reflection

	NINE MENTAL STATES	FOUR ATTENTION OR FOCUS-TYPE STATES	SIX FORCES
1	PLACING THE MIND	A tight focus	The force of hearing
2	CONTINUED PLACEMENT		The force of reflection
3	REPEATED PLACEMENT	An interrupted focus	The force of mindfulness
4	CLOSE PLACEMENT		
5	TAMING		The force of vigilance
6	PACIFYING		
7	THOROUGHLY PACIFYING		The force of enthusiasm
8	MAKING ONE-POINTED	An uninterrupted focus	
9	PLACEMENT IN EQUIPOISE	Spontaneous focus	The force of acquaintance

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A Reflection SUMMARY				
NINE MENTAL STATES		FOUR ATTENTION OR FOCUS-TYPE STATES	SIX FORCES	THREE STAGES
1	PLACING THE MIND	A tight focus	The force of hearing	TO ABIDE
2	CONTINUED PLACEMENT		The force of reflection	
3	REPEATED PLACEMENT	An interrupted focus	The force of mindfulness	
4	CLOSE PLACEMENT			
5	TAMING	An uninterrupted focus	The force of vigilance	TO STABILIZE
6	PACIFYING			
7	THOROUGHLY PACIFYING			The force of enthusiasm
8	MAKING ONE-POINTED	Spontaneous focus	The force of acquaintance	TO GAIN FULL CONTROL
9	PLACEMENT IN EQUIPOISE			

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Reviewing Understanding

1. Imagine you are meditating on the nine mental states, six powers, and the four types of attention. Create a simile. What would you understand?

2. What are the different powers or forces emphasized in each stage of progress?

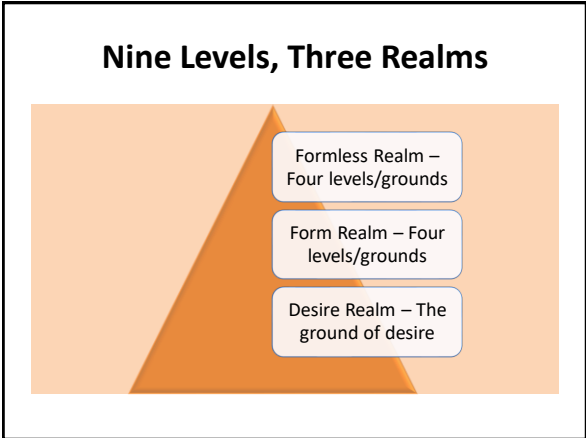
3. What do the four types of attention determine?

4. What types of focus are present at each stage of meditation?



MEDITATION

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Lying down

Sitting

Standing

Walking

No Pliancy.

Which Ground?

Desire.

Not meditative equipoise.

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Realms and Grounds


1. Imagine you are meditating on the first ground. What is it called and in which realm is it?

2. How many realms are there?

3. What is the name of each realm?

4. And how are the nine grounds divided amongst the realms?

5. And on which ground is there no pliancy?



MEDITATION

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Four Aspects Possessed by Meditative Equipoise

Lack of regret

Supreme delight


Pliancy

Bliss

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The Portent of Perfected Pliancy

The brain feels heavy.
There is a pleasant tingling sensation.



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Dysfunction Subsides, Pliancy Arises

STAGES OF GENERATION	
0	The omen of perfected pliancy (the heavy brain)
1	Mental pliancy
2	Physical pliancy
3	Bliss of physical pliancy
4	Bliss of mental pliancy
Stages of Cessation	
5	Coarse physical pliancy
6	Coarse bliss of physical pliancy
7	Coarseness of the bliss of mental pliancy
8	Serenity – Calm Abiding

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The Process That Induces Serenity

STAGES OF GENERATION		STAGES OF CESSATION	
1	Mental pliancy		
2	Physical pliancy	5	Coarse physical pliancy
3	Bliss of physical pliancy	6	Coarse bliss of physical pliancy
4	Bliss of mental pliancy	7	Coarseness of the bliss of mental pliancy
		8	Serenity – Shamatha – Calm Abiding

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Having Achieved Attention

FIVE 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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Developing Serenity

- Imagine you are meditating at the level of meditative equipoise. As well as a lack of regret, how was this concentration accomplished?
- What are the sensations felt in the brain and body when one-pointedness of mind and mental and physical pliancy are present?
- Following the omen, describe the seven-stage process that induces serenity.
- Having serenity, what are its 5 marks?



MEDITATION

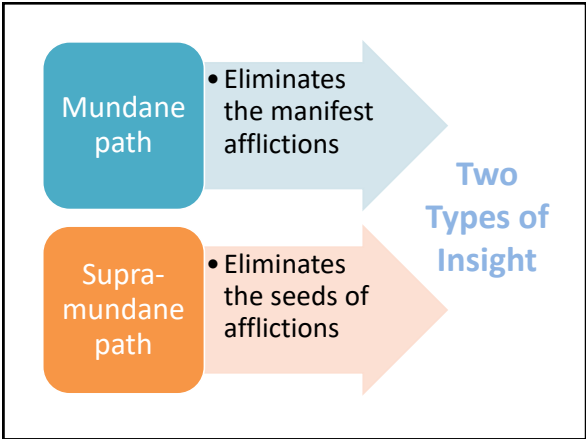
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Chief Aim for Attaining Serenity

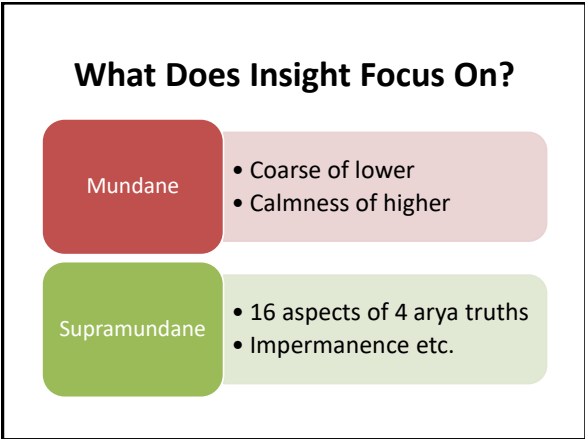
To achieve insight
To abandon afflictions



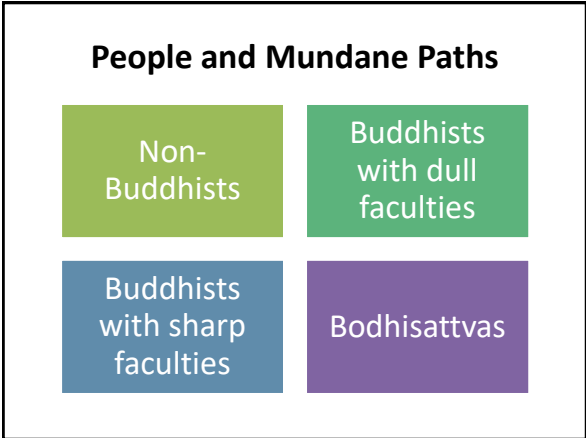
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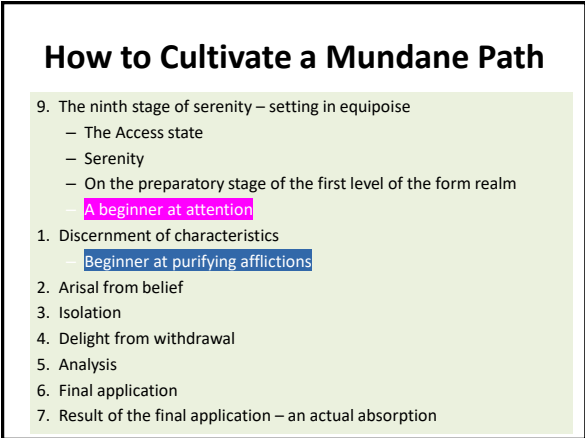
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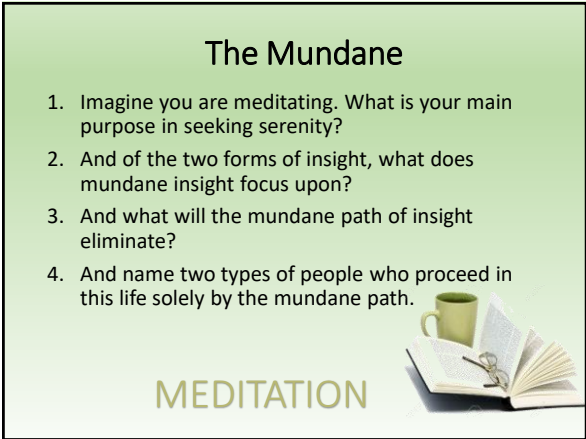
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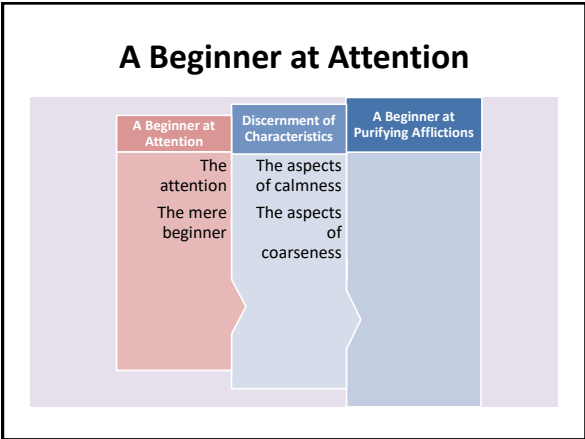
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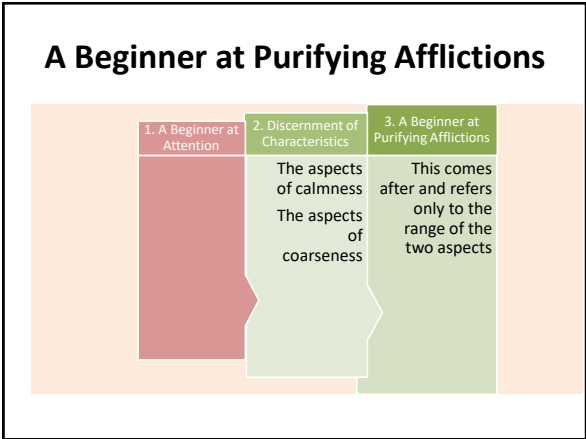
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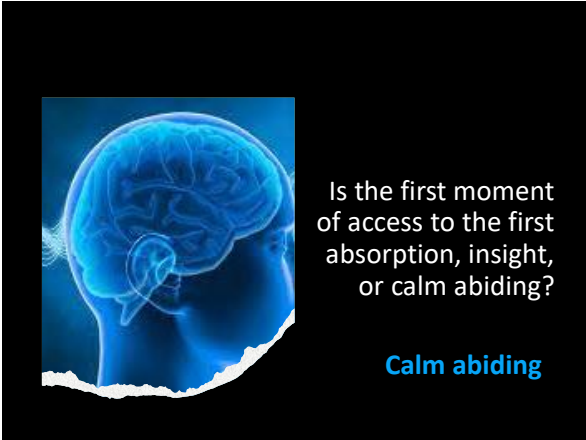
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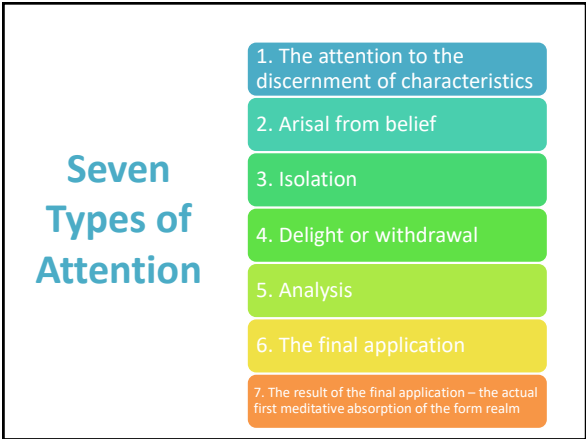


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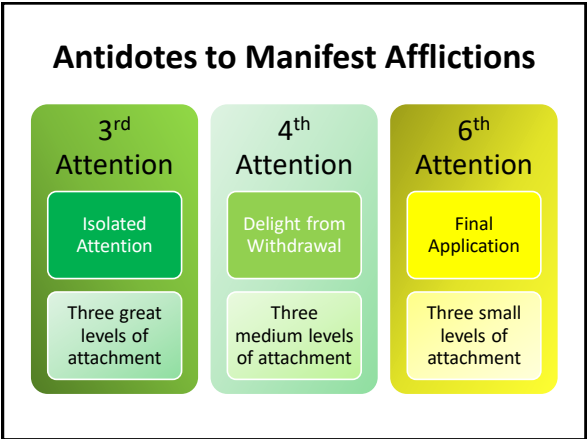
Is the first moment of access to the first absorption, the first attention of the six attentions?

NO – because the first moment of access is necessarily the first moment of calm abiding when one is still a beginner at attention. One has not yet developed analytical meditation focusing on the coarse aspects of the Desire Realm and calm aspects of the Form Realm indicative of the six attentions.

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Cultivating Serenity & Insight Within the Seven Types of Attention

9. The ninth stage of serenity – setting in equipoise

- The Access state
- A beginner at attention
- 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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Seven Types of Attention

1. Imagine you are meditating. Your attention is placed on the ninth stage of serenity. You are set in equipoise. Which of the seven types of attention is a form of insight?
2. And at what stage do you eliminate the three great levels of attachment?
3. And at what stages do you eliminate the three medium and small levels of attachment?
4. And which of the seven is an actual meditative stabilization?

MEDITATION




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What's My Take-Away?

- We have the 23 answers included in tests 6.4.1 – 6.7.5
- We know the 9 stages of meditation, 4 attentions, 6 forces

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Read

- Mod 3, teaching 12-16, LRCM, (Geshe Tashi Tsering)
- Page 211, LRCM, Vol 2 up to page 15, vol 3 (Tsongkhapa)
- Pages 480, vol 3 up to page 46, vol 4, Steps on the Path, (Sopa)


Next time

- Tests 4.1.1 – 4.6.3
- 20 questions
- Their answers

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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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Rinpoche's Swift Return

In holding and spreading the Muni's
precious and complete teachings
Through explanation and practice,
You wore the armour of patience
that is never discouraged,
Incomparable Venerable guru,
to you I make this request.

