

The Six Perfections

Stabilization & Wisdom

EXAMINATION – 1

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

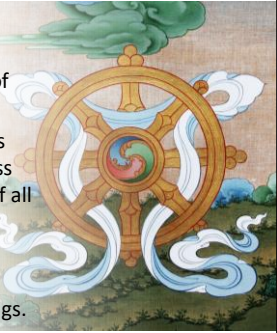
Reverently I prostrate with my body, speech, and mind;

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.



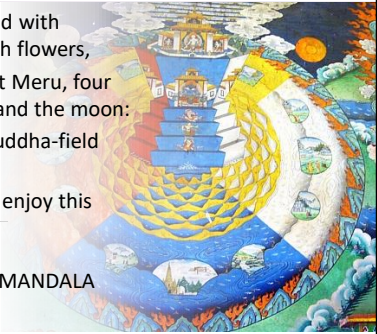
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Mandala Offering

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



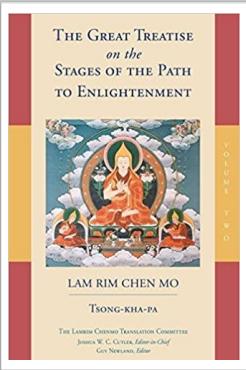
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Today's Topics

The Perfections of Meditative Stabilization and Wisdom Review

Meditative Stabilization

- Tests 3.6.1-5.5.3
- 23 questions
- Their answers
- Meditations



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What is Meditative Stabilization?

It is the one-pointed state of mind that stays fixed on its object of meditation without distraction to other things.

Whether it is oriented toward calm abiding, toward insight, or toward both as the path that conjoins them, understand that this one-pointed state of mind is the bodhisattvas' meditative stabilization – *Bodhisattva Levels*

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Is Meditative Stabilization Concentration?


Yes

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Meditative Stabilization By Nature




Mundane




Supramundane or transcendent

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Meditative Stabilization By Orientation



Toward Serenity



Toward insight



The union of serenity and insight

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Meditative Stabilization By Function

1	Meditative stabilization that stabilizes the body and mind in bliss within the present life.	All meditative stabilizations that generate mental and physical pliancy when you enter them with equipoise.
2	Meditative stabilization that achieves good qualities.	All meditative stabilizations which accomplish good qualities shared with Sravakas – the superknowledges, liberations, totalities, masteries, etc.
3	Meditative stabilization that carries out the welfare of living beings.	Meditative stabilization that carries out the eleven activities for others' welfare.

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Summarizing The Three Divisions Of Meditative Stabilization

Nature	Orientation	Function
<ul style="list-style-type: none">MundaneSupramundane<ul style="list-style-type: none">transcendent	<ul style="list-style-type: none">Toward serenityToward insightUnion of the two	<ul style="list-style-type: none">Blissful body and mindGood qualitiesThe welfare of living beings



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Defining Serenity

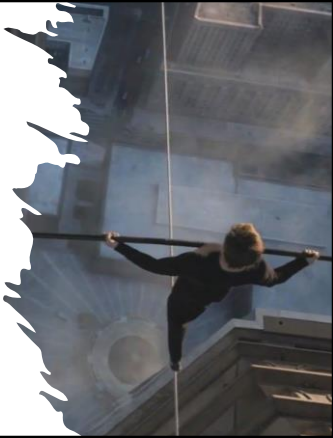
Concentration qualified by pliancy, effortlessly and spontaneously abiding on its focal object.



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Defining Insight

Wisdom differentiating its object qualified by pliancy induced by the strength of analysis that focuses on its object from within calm abiding.



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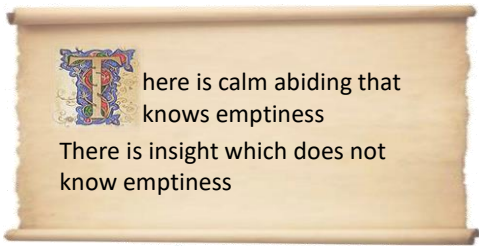
The Order of Generation

- 1. Serenity
- 2. Insight



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The Natures of Serenity and Insight



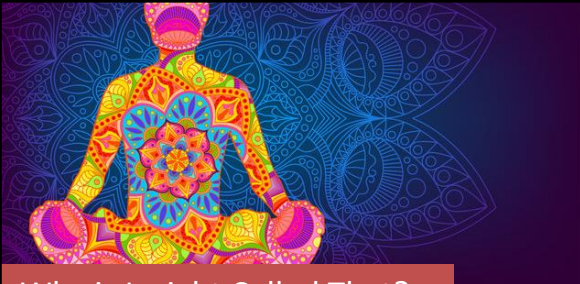
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Why is Calm Abiding Called That?

It calms or pacifies the movement of mind toward external objects and abides on an internal focal object.


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Why is Insight Called That?

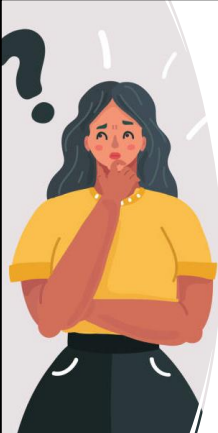
It is superior seeing

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Meditation

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Is it accurate to assert that a mind at rest without a vivid intensity or clear sharpness is experiencing calm abiding, while a mind with vivid intensity is experiencing insight?

NO. The claim contradicts the definitions of calm abiding and insight.

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Why No Clear Sharpness?

Laxity

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Can we distinguish calm abiding and insight based on whether they bring about a blissful, clear, and non-discursive state of mind that focuses on the ultimate truth?



NO. Because there are many such minds that are blissful, clear, and non-discursive that do not focus on emptiness.

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The Oil Lamp Analogy

Lamp – mind
Screen – serenity
Flame – insight
Wind – distraction
Picture – emptiness

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Serenity Engages Objects Powerfully

Because it is free from the distraction which would weaken and dissipate virtuous actions.



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Does Serenity Merely Suppress?

Yes. Calm abiding at best merely suppresses afflictions because without insight the seeds of afflictions cannot be eradicated.


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When Does Wisdom Become Insight?

When it generates pliancy through the power of analysis

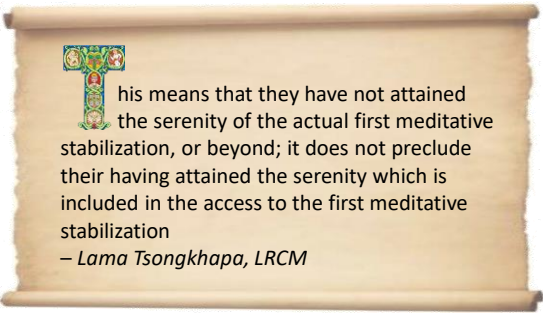
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Meditation


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Some Attain Insight But Do Not Attain Calm Abiding



This means that they have not attained the serenity of the actual first meditative stabilization, or beyond; it does not preclude their having attained the serenity which is included in the access to the first meditative stabilization
– *Lama Tsongkhapa, LRCM*


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Six Pre-conditions For Calm Abiding

1. Dwelling in an appropriate area
2. Having little desire
3. Being content
4. Completely giving up many activities
5. Pure ethical discipline
6. Completely getting rid of thoughts of desire, etc.

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The Most Important Pre-conditions


1. Appropriate area
2. Pure ethics
3. Completely getting rid of thoughts of desire etc.

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4 Perfections As Preconditions




Generosity



Ethics

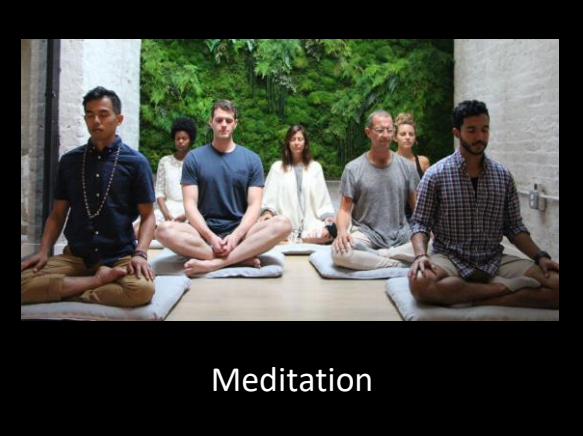


Patience



Effort

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Meditation


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What's The Take-Away?

- The 23 answers from test 3.6.1 up to test 5.5.3 along with three meditations.
- We know what serenity and special insight are along with the preconditions necessary to develop them in meditation.

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Read

- Pages 31-48, *LRCM*, Vol 3 (Tsongkhapa)
- Mod 3, teaching 20-33, *LRCM*, (Geshe Tashi Tsering)
- Pages 46-84, *Steps on the Path*, Vol 4 (Sopa)

Next Week

- Tests 5.6.1 to 6.3.5
- 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

