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**Drepung Gomang Monastery**  
for Advanced studies and Practice on Buddhist Philosophy



Sunday, June 22, 2025

## DHARMA TOPICS

General Introduction

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The Four Noble Truths འཕགས་པའི་བདེན་པ་བཞི་

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The Four Foundations: thoughts which turn the mind towards the dharma

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Advice to Buddhists in the West

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The Heart of Wisdom Sutra བཙམ་ཐུན་འདས་མ་ཤེས་རབ་ཀྱི་པ་རོལ་ཏུ་ཕྱིན་པའི་སྒྲིང་པོ་

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What is Karma?

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Thirty-Seven Factors of Enlightenment བྱང་ཆུབ་ཀྱི་ཕྱོགས་ཀྱི་ཚོས་སུམ་ཅུ་ཙ་བདུན་

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Dependent Arising: Twelve Interdependent Links ཏེན་འབྲེལ་  
ཡན་ལག་བརྒྱ་གཉིས་

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Calm Abiding Meditation ཞི་གནས་

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Compassion and Loving Kindness

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Calm Abiding and insight Meditation

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Tara The Liberator སྒྲུ་ལ་མ་

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Six Paramitas པ་རོལ་ཏུ་ཕྱིན་པ་དྲུག་

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Mantra of the Medicine Buddha སངས་རྒྱལ་སྒྲིན་ཞེ་

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Some Helpful Facts

# Calm Abiding Meditation ཞི་གནས་

## 1. Arranging proper circumstances for calm abiding meditation

- Live in a proper and conducive place
- Have few desires and attachments
- Be content
- Avoid distractions and extraneous activities
- Maintain pure ethical conduct
- Abandon preconceptions about sense objects

## 2. Actual way to Practice Calm Abiding

### a) Five deterrents to calm abiding

- Laziness
- Forgetting the object of meditation
- Laxity and agitation
- Not applying antidotes to the deterrents
- Applying antidotes when they are not needed

### b) Eight antidotes

- Confidence or faith in the benefits of calm abiding
- Aspiration
- Joyous effort
- Pliancy, serviceability of body and mind
- Mindfulness
- Introspective alertness
- Application of appropriate antidotes
- Equanimity

## 3. Nine stages in practicing calm abiding

- Setting (placing) the mind
- Continuous setting
- Resetting
- Close setting
- Taming

- Pacification
- Thorough pacification
- Single pointedness
- Setting in equipoise

#### 4. Six mental powers to attain these stages

- Hearing
- Thinking
- Mindfulness
- Introspective alertness
- Effort
- Familiarity

#### 5. Four engagements to employ to do this

- Painsstaking (forceful)
- Repeated (interrupted)
- Uninterrupted
- Effortless (spontaneous)

#### 6. Way to develop actual calm abiding from this

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