



Diamond Mountain University

Depth Course 4: Setting Fire to Your Meditation

Homework One: The Key

1) List both the worldly and the spiritual reasons why we need to strive to perfect the art of meditation:

2) Name the primary source text that we will be working with, the author, and his dates (text name in Sanskrit, Tibetan, and English):

3) Describe the situation in which this book was written in Tibet:

4) What is the key that we need in order to quickly progress in our meditation (in Sanskrit or Tibetan, and English):

5) What are the eight limbs, and why are we studying them in a class on meditation:

6) What is the book we will be studying which leads us through these eight, and what is the name of the author:

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the line in your reading from the sutra *Inciting the Power of Faith*, which starts "When there is no form of pain...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.



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Homework Two: Opening Our Hearts

1) Give a personal example of someone you have seen demonstrating great compassion, explaining why it was great compassion:

2) How is pain useful to us?

3) Give one example in our human experience of each of the six realms:

4) Describe the three types of suffering:

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Homework Two: Opening Our Hearts

5) Which path does great compassion open the door to?

6) List the ten pledges of self-control, and then explain how they fit into the six perfections:

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the line in your reading which starts "And so now, look at all these beings...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.



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Homework Three: Creating the Wish

1) Describe the method of meditation that Master Kamalashila describes to us in order to gain great compassion, and where it originally came from:

2) How do you know when you have reached a state of great compassion?

3) What must we first do to our perception of ourself in order to reach a state of great compassion?

4) Describe the analogy Master Kamalashila makes between having the Wish and a diamond jewel:

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Homework 3: Creating the Wish

5) What are the four causes that Je Tsongkapa lists for achieving a state of stillness, and how does it relate to the ten forms of self control from *Hatha Yoga Pradipika*?

6) Describe three things you can practice thinking about as you do your eating meditation, and the reason for each:

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the line in your reading which starts "The moment you begin to feel the same for every living being...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.



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Homework Four: A King's Wish

1) Describe Master Kamalashila's idea of skillful means in getting people to develop the Wish:

2) Master Kamalashila quotes a sutra where Lord Buddha is advising a king. What kind of practice is He teaching him?

3) Why would we want to make offerings to Enlightened Beings?

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Homework 4: A King's Wish

4) What karmic result does Lord Buddha describe to the king as a result of his embracing the Wish?

5) Describe the ten commitments listed in the Hatha Yoga Pradipika:

6) How does collecting good karma through keeping these commitments help your meditative concentration?

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the passage from *The Sutra Requested by Viradatta*, which starts "If the amount of goodness we collect...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.





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Homework Five: This Bodhisattva

1) Describe the difference between the two types of Wish:

2) When does one receive the right to be called a bodhisattva?

3) What is the most important thing to remember as you do your bodhisattva activities?

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Homework Five: This Bodhisattva

4) Describe how you would go about fixing a foggy state of mind in your meditation, and how you would fix a restless state of mind:

5) What is the most dangerous obstacle to someone who is already meditating, and how do you fix it?

6) Name three different activities where you yourself usually experience the type of concentration imbued with intensity:

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Homework Five: This Bodhisattva

7) Write the classical meaning of the word asana, and then describe four different asanas, and why they are important to know for meditation:

*Hypertext assignment:* On the back side of this page, write out either the Tibetan script of the verse which starts "I will cultivate the wish...", or the Sanskrit script of the verse which starts "Of all the initial steps...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.



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Homework Seven: All the Way

1) What is the purpose of pranayama?

2) How does the breath relate to the thoughts?

3) What does the First Panchen Lama recommend as a meditation to practice in order to achieve a state of stillness (shamata), and give two reasons why:

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Homework Seven: All the Way

4) Name and describe the two paths of a bodhisattva, and how they relate to each other:

5) Describe the metaphor relating to consuming a poison:

6) When do you stop practicing bodhisattva activities, and simply concentrate on wisdom?

7) Describe what Lord Buddha comes and says to a bodhisattva who has reached the eighth level:

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sankrit script of the verse which starts "Method which lacks..", and then write each English word underneath the corresponding Tibetan or Sanskrit word.



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Homework Eight: The Middle Way

1) Describe the idea of method and wisdom as two sides of a coin:

2) How will those two keep us from falling to either extreme?

3) What is a higher reason for doing good deeds?

4) What parts of our Buddhahood are the result of method, and what are the result of wisdom, and why:

5) What does it mean when Lord Buddha tells us we must eventually give up the teachings as well?

6) Quote the lines from the Panchen Lama and from Je Tsongkapa from our earlier readings that teach us how to withdraw from the world:

7) Why are our senses the enemy?

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sankrit script of the sutra quotation which starts "True bliss is...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.





5) Describe the analogy of a master gold smith as it is applied to analytical and fixed meditation:

6) What is the highest way to prepare the mind for both stillness and seeing emptiness directly?

7) When do we give up analytical meditation and move on to focus solely on fixed meditation?

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sankrit script of the sutra quotation from Lord Buddha which starts "If you were to analyze..", and then write each English word underneath the corresponding Tibetan or Sanskrit word.



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### Final Exam

1) Name the primary source text that we will be working with, the author, and his dates (text name in Sanskrit, Tibetan, and English):

2) What are the eight limbs, and what is the book we will be studying which leads us through these eight:

3) Describe the three types of suffering:

4) Describe the method of meditation that Master Kamalashila describes to us in order to gain great compassion:

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Final Exam

5) How do you know when you have reached a state of great compassion?

6) What must we first do to our perception of ourself in order to reach a state of great compassion?

7) Why would we want to make offerings to Enlightened Beings?

8) Describe the ten commitments listed in the Hatha Yoga Pradipika:

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Final Exam

9) What is the most important thing to remember as you do your bodhisattva activities?

10) Describe how you would go about fixing a foggy state of mind in your meditation, and how you would fix a restless state of mind:

11) What is the most dangerous obstacle to someone who is already meditating, and how do you fix it?

12) What is the purpose of pranayama?

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Final Exam

13) Describe the metaphor relating bodhisattva activities to consuming a poison:

14) What does the First Panchen Lama recommend as a meditation to practice in order to achieve a state of stillness (shamata), and give two reasons why:

15) Describe the evolution of the meanings of method and wisdom as we progressed through Master Kamalashila's text:

16) Why are our senses the enemy?

17) List in the three types of meditation in Tibetan and English:

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Final Exam

18) What is the use of keeping a book where you track your meditations everyday, and how has this affected your own meditations during these five weeks?

19) How do you plan to implement what you have learned in this course over the next two months?