

Discussion Block 5 Week 5 (17.09.2013)

Week: 1 (20 Aug 2013)

- 1.a Explain the role of karma in our wanting to purify negativities?
- 1.b How can we relate this understanding of karma to our every day experiences?
- 2.a What are the four conditions for creating negativity?
3. How is the application of the later three opponent powers related to having developed a strong regret first.

Week: 2 (27 Aug 2013)

4. What are the benefits of recalling the Buddha on a day-to-day basis?
5. What are the 3 main types of negativities?
6. What are the special objects referred to under the topic ‘Confessing heavy negativity created with regard to special objects?’

Week: 3 (3 Sep 2013)

7. What is the difference between a true sense of love and compassion and a biased form of love and compassion?
- 8.a What are the two parts of the cause for developing refuge?
- 8.b What do we gain from relying on the three jewels?
- 9.a. What are the reasons for a sense of urgency to ‘... confess my negativities immediately...’?
- 9.b. What is the ultimate protector?

Week: 4 (10 Sep 2013)

10. explain the meaning of these lines from verse 34 (on page 1 of the transcript)
... not understanding this, I generated many negativities because of protecting friends and destroying enemies. This I regret.

*34. Leaving all behind I have to depart.
Not understanding this
I create manifold negativities
For the purpose of friends and non-friends.*

11. Elaborate on the following conclusion that we need to contemplate (page 4 of the transcript)

The conclusion that we need to contemplate is:

Since one will definitely die, and the time of death is uncertain, one should exert oneself in purifying negativity.