

Exam

Name:

Block 5

Week 6: (24 Sep 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. What are the four conditions for creating negativity?

3.a The confession of negativity should be done with the four opponent powers. List the 4 opponent powers.

3.b How is the application of the later three opponent powers related to having developed a strong regret first.

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'?

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?

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.

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.