

The login username is "studygroup", the password is "bwol" (just remember "Bodhisattva's Way of Life").

Discussion

Week: 1 (1 October 2013)

1. Nothing can help us at the time of death except what?
2. a) What will those who have created a lot of negativity and not got around to purifying it experience?
b) Conversely what will those who have accumulated a lot of virtue and merit experience?
3. What practice is Geshe la referring to when he says: "How incredibly beneficial it would be if we could implement this powerful practice at the time of death."? Elaborate on this practice.
4. a) 'The only thing of benefit is the merit that one has accumulated by taking wholehearted refuge in the Three Jewels and observing morality'
a) In the commentary, what is morality referred to as?
b) What is morality based on?
c) What does the Abhidharma say about this? Elaborate in terms of taking refuge.
5. "When one does not apply conscientiousness, one becomes reckless."
As a result of what does recklessness arise?

Week: 2 (8 October 2013)

6. What is the core practice that Geshe la personally feels we should put all our energy into?
7. a) Of the four opponent powers what is the first power called
b) What is the way to develop that opponent power?
8. What is the only way that we can prepare ourselves to ensure that we are in a virtuous state of mind at the time of death?
9. 'To summarise the essential points, one goes for refuge with the two causes for going to refuge intact.' What are the two causes?
10. 'This means that we are saying that we will implement these practices of abandoning what has to be abandoned, and adopting what has to be practised, into our daily life. We really need to take this as personal advice'. To this we can add a further essential, which is what?

Week: 3 (15 October 2013)

11. Give a general understanding of the term '*the power of thorough repudiation of the antidote*'.
12. 'We all have the ability to apply the cure for overcoming the chronic disease of the delusions, and more specifically the root delusion of grasping at the self.....'
The more we gain an understanding of the selflessness, or emptiness of persons and the emptiness of phenomena, what will begin to happen?

13. In his Lam rim teachings Lama Tsong Khapa explained that we should begin by applying the antidote to the strongest and most prominent delusion.

Give the antidote for overcoming the following delusions:

Strong attachment:

Anger:

Ignorance:

Pride:

Discursive and disturbing thoughts:

Week 4: (22 October 2013)

14. In verse 58 the first line says 'It is unsuitable to abide comfortably', what does remaining comfortably refer to? [1st para, 2nd col, pg. 2]

15. 'The way to purify negativities is to apply the four opponent powers, which are being presented here in this second chapter'. What are the four opponent powers? Give brief explanation of each. [Dot points bottom page 2 and beginning of page 3].