

***Discussion***

**Block: 3 Week: 16**

Name: -----

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**1. Think about a person who you are physically attracted to. What are some of the natural imperfections of his or her body? How does using this kind of reasoning separate your superficial attraction from a more genuine fondness for the person?**

**2. In what ways is your body like a boat and what are you trying to transform it into?**

**3. Why would you want to make other people happy and how does it benefit you?**

**4. Verse 81 describes practising generosity to the special field of offering. Outline the when, what and why of this practice explained in Gyaltsab Je's commentary and clarified by Geshe Doga.**

When:

What:

Why:

- **5. Why does a bodhisattva, who understands ultimate truth, see the body as an enemy? And why does the bodhisattva protect his or her body despite this view?**

**6. How do you engage in the practice of sleeping and why would you do it?**



**7. Gyalsab Je recommends Shantideva's Compendium of Trainings as the text to study when training in dependence on the commentaries. What are the thirty-two aspects Shantideva outlined in this commentary on how to train and practice?**

**8. Why is anger the ultimate obstacle to accumulating and retaining virtue?**

**9. What is the underlying cause of hatred?**

**10. What do we exchange and equalise and why?**

**11. a) If it is possible for bodhisattvas to endure the sufferings of the hell realms, then it is possible for us as well. How could this be possible?**

**b) When you accept something you don't think too much about it, and it doesn't bother you so much. Give an everyday example of how this way of thinking might work.**

12. 'The words one does not wish suffering and desires happiness are simple words..... Because of the great points presented these few lines of verse, Gyaltsab Je mentions they are a great summary of the key points of the practice.' Explain why.

13. a) How does one develop patience with other people?

b) Does this mean we should be patient with the afflictions?

14. Memorise Verse 33:

33. *Therefore, whether it is friend or enemy,  
If one sees them acting unsuitably,  
Say 'it came due to those conditions'.  
Keeping this in mind be firm in happiness.*

What will happen if you hold this in your mind at all times?