

Discussion

Block:2 Week: 10

Assigned: 18/08/15

-----Week: 1 (16 June 2015)

1. 'One should not be lazy as one is under the control of the lord of death'. What personal instruction did Geshe Doga advise us to take from this heading, its verse and commentary?

Week: 2 (23 June 2015)

2. How can the practice of Tong Len assist one for a future good rebirth?

3. Explain the analogy: one should *strive in virtue just like one's head is on fire*.

Week: 3 (30/06/2015)

4. Discuss what Geshe Doga describes as "the two most essential tools for securing one's practice".

Week: 4 (7/07/2015)

5. Why is it important to be able to distinguish clearly between heavy and light suffering?

6. What method does the supreme physician, the Buddha, employ while one is working to achieve enlightenment?

Week: 5 (14/07/2015)

7. Describe the four powers and why they are important?

Week: 6 (21/7/2015)

8. What point should encourage us that we have the same potential to reach enlightenment as the buddhas?

Week: 7 (28/7/2015)

9. Describe how "superior intention" relates to the tong-len practice.

10. "Form is empty, emptiness is form". Explain

Week: 8 (4/8/2015)

11. What does Geshe Doga explain as the basis for practising tantra and why?

Week 9 (11/07/2015)

12. **52. When they meet with dead snake**

Even crows act like Garudas

If one is humble

Even small downfalls will harm

53ab. The discouraged who have given up striving

How can they be liberated from destitution?

Explain the analogy regarding crows.