

Exam

Block 1

1. Explain how love and compassion is really the basis for our own well-being and happiness.

2. It is through a false view of the body as being pure that one develops attachment to the bodies of others. List some of the ways these contemplations on the impurity of the body are a way to overcome attachment.

3. The reality is that if the body is left in its natural state, it can be a frightening object. Explain.

4. So, if we generate the proper motivation while engaging in actions involved with caring for our body, then those actions become meaningful — they can even become a practice. Elaborate on these points.

5. 'So this life is ruined as well as the next one as well, and we don't even achieve what we desire! ' Explain this statement.

6. Shantideva uses the example of an ox which, *while pulling the cart, grabs a bit of grass from time to time.* What is this example an analogy for?

7. Describe how to develop the practices of the small, medium and great scope.

8. 'While we may not have all the necessary conditions right now to go into solitude and remain in

9. Give the definition of Calm Abiding.

10. Explain the Three Higher Trainings

**11. With regards to Verse 94 the commentary explains the meaning of the verse in the form of a syllogism.
Give the syllogism.**