
compassion, tolerance and patience. We try to practise and develop these together as a group, so when we walk out of this hall what we learnt here has some influence in dealing with outside problems. Therefore, there is benefit while sitting here and studying with others but then also afterwards there is a benefit.

Tonight we have not started the actual teachings. According to the study group constitution, the first four nights are teaching, then follows a discussion night and the written test. Tonight's session is not counted as part of this month's teaching.

We stop here and will chant Twenty-one Taras' prayer and dedication. Then everyone should have a friendly hand shake with everyone else, to introduce each other and say "Very happy to meet you".

Headings with outline numbering are derived from the Text. Headings without outline numbering are derived from Geshe Doga's commentary.

The original typescript is prepared from Alan Molloy's original transcript, which has been checked against Damien Busby's notes. Adair Bunnett then checks the typescript against a tape recording, and edits the text, which is finally checked by Alan Molloy.

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