

TARA INSTITUTE

STUDY GROUP DISCUSSION NIGHT -13 MAY 1997

Covering discourses 15/04/97 to 06/05/97

- 1/ Why does the practice of morality lead us to experience true inner peace and satisfaction?
- 2/ What are the lay persons vows? What practice should we engage in if we break any or all of these vows?
- 3/ List the four doors of moral downfalls.
- 4/ Give an example of how we might commit a non-virtuous action by not closing the door of ignorance.
- 5/ To whom should our respect be cultivated in order to close the second door of moral downfalls?
- 6/ "We should not behave like a monkey when engaged in a war with birds." Discuss the meaning of this analogy while referring to our practice of Dharma.
- 7/ What is the best way to challenge our delusions? What are the remedies to attachment and pride?
- 8/ Mindfulness, alertness, a sense of moral shame and moral embarrassment are essential in safeguarding our practice of morality.

What are the three characteristics of the special mindfulness needed in meditation?
Give an example of how alertness arises as a result of mindfulness.
What is the difference between moral shame and moral embarrassment?
- 9/ On what basis do Hinayana and Mahayana differ?

Compulsory question

- 10/ List some of the benefits of Bodhicitta mentioned in the Lam Rim and from your own experience.

GROUP 4