

TARA INSTITUTE
STUDY GROUP DISCUSSION NIGHT -5 August 1997
Covering discourses 08/07/97 to 29/07/97

- 1/ Discuss why it is important for us to make efforts to develop both materially and spiritually, especially when we are young and healthy?
- 2/ Discuss how cultivating Bodhicitta and its main cause, Love and Compassion, can fulfil all of our short and long term goals.
- 3/ Describe how we can integrate the Bodhicitta mind into the beginning, middle and end of our spiritual practice?
- 4/ Discuss the meaning of the 8th benefit, ie. Bodhicitta can protect us from receiving harm and hindrances in our spiritual practice.
- 5/ Discuss the benefits of skilfully dealing with our own problems by turning our attention to the sufferings of other sentient beings and cultivating love and compassion, thereby counteracting our self cherishing mind.
- 6/ With reference to the verse from Chandrakirti's Supplement to the Middle Way

"Hearers and Middling Realisers of Suchness
Are born from the Kings of Subduers (Buddhas),
Buddhas are born from Bodhisattvas,
The mind of compassion, non dual understanding
and the altruistic mind of enlightenment
Are causes of Children of the Conquerors"

discuss how Bodhicitta is the source of all joy and happiness.

- 7/ What are the two main methods and lineages of generating Bodhicitta?
- 8/ List the stages in training in the seven fold cause and effect technique.

Compulsory question

- 9/ Explain the meaning of each of the four means of gathering disciples.

YOU ARE IN GROUP remote