

TARA INSTITUTE
STUDY GROUP DISCUSSION NIGHT-16 September 1997

Covering discourses 19/8/97 to 9/09/97

- 1/ Starting with the Bodhicitta mind, describe the stages of it's development in reverse order, going back to the initial stage of relying upon a qualified spiritual master.
- 2/ Discuss why it is important to generate a sense of equanimity to all sentient beings before beginning our meditation on Bodhicitta?
- 3/ If our friend and enemy were to undergo the same suffering, why would we only show concern for our friend?
- 4/ Describe why strong feelings of hatred are generated towards an enemy. What contemplation will help to reduce these negative feelings?
- 5/ Describe why strong feelings of attachment are generated towards a friend. Give examples of how attachment has caused you suffering.
- 6/ Why do we have feelings of indifference or abandonment to a stranger?
- 7/ Differentiate between love and attachment
- 8/ Since all sentient beings have been our friend, enemy and stranger, does this mean we should not try to sustain our friendship with others? Discuss.

Compulsory question

- 9/ Discuss the meaning of the following verse composed by Atisha

"One who wholly seeks a complete end to the entire suffering of others because their suffering belongs to his own (conscious) stream, that person is a superior"