

**Tara Institute**  
**Study Group Test - 23 September 97**  
**Covering discourses 19-8-97 to 9-9-97**

**Time allowed: 1 hr**

Answer any 4 from questions 1 - 6. Question 7 is compulsory.

1. Discuss why it is important to generate a sense of equanimity to all sentient beings before beginning our meditation on Bodhicitta?
2. If our friend and enemy were to undergo the same suffering, why would we only show concern for our friend?
3. Describe why strong feelings of hatred are generated towards an enemy. What contemplation will help to reduce these negative feelings?
4. Describe why strong feelings of attachment are generated towards a friend. Give examples of how attachment has caused you suffering.
5. Differentiate between love and attachment.
6. 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**

7. 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.”