

TARA INSTITUTE

STUDY GROUP DISCUSSION NIGHT - October 28 1997

Covering discourses 30/9/97 to 21/10/97

1. What is wrong with classifying some beings as friends and others as enemies?
2. What is the goal of the friend, enemy and stranger meditation?
3. Name the stages of the sevenfold cause and effect meditation for generating Bodhicitta.
4. What is the method to realise all beings as having been your mother? Explain the various reasons using analogies and quotes.
5. How can we establish the continuum of our own mind? Between yesterday and today or even between previous life and this one. How does examining our sense of 'I' and our mental attitudes help in answering this question?
6. The substance of our body comes from our parents, does our mind also come from our parents. Explain your reasoning.
7. What relationships have we had with other sentient beings in past lives ? What attitude and behaviour do we have to other sentient beings when we have the realisation of seeing them as having been our mother ?
What kindness has my present mother shown me ? Explain at the different stages of your life - beginning, middle and end.
9. How do we do this meditation of remembering the kindness if we feel our mother has done us harm.
10. How can we repay the kindness of our mother? What is the ultimate benefit? Describe meditations that can cultivate our sense of personal responsibility to do this.

Compulsory Question

Discuss the meaning of the following lines from Chandrakirti text 'Supplement to the Middle Way'. Text is in book 'Compassion in Tibetan Buddhism' and in 'Compassion: a Tibetan analysis'.

Hearers and middling realisers
are born from the Kings of Subduers.
Buddhas are born from Bodhisattvas.
The mind of compassion, non-dual awareness,
And the altruistic mind of enlightenment
Are the causes of the Children of Conquerors

Mercy alone is seen as the seed
Of a Conqueror's rich harvest,
As water for development, and as
Ripening in a state of long enjoyment.
Therefore at the start I praise compassion.

YOU ARE IN GROUP