

TARA INSTITUTE

STUDY GROUP DISCUSSION NIGHT -22nd September 1998

Covering discourses 25/08/98 - 15/09/98

- 1 Define love and discuss the benefits of cultivating this virtuous mind.
- 2 What should we contemplate/visualise when engaging in the meditation of giving?
- 3 What are the 3 objects of giving in the giving meditation.
- 4 Describe the meditation of giving one's body to other beings.
- 5 Having become familiar with the meditation of giving and taking, one may then combine it with one's breathing. How is this done and what are some benefits?
- 6 Changes in our life situation, whether to unfavourable or favourable conditions, can become obstacles for us continuing our Dharma practice. Give some examples.
- 7 Why is it so important for us to learn about transforming adverse conditions into the path?
- 8 What might be the consequences of blaming outside conditions for causing the adverse situations that arise in our lives?
- 9 If there are two people, one of whom is a believer in the teaching of karma and one who is a non-believer, the difference between the two can be seen when both face some problem in their life. What do you understand would be the difference in perspectives?
- 10 In what way-could we perceive that there are benefits in undergoing difficult situations in this life?

Compulsory Question

Discuss the meaning of the following verse from *The Guru Puja*

And thus of venerable compassionate gurus. we seek your blessings that all karmic debts, obstacles and sufferings of mother beings may without exception ripen upon us right now.

and that we may give over our happiness and virtues to others
and thereby invest all beings in bliss.