

TARA INSTITUTE

STUDY GROUP DISCUSSION NIGHT -3rd November 1998

Covering discourses 06/10/98 - 27/10/98

- 1/ Under the heading 'Transforming Adverse Conditions into the path' there are two sub-headings: transforming by analysis and by view. Discuss the meaning of 'transforming by view'.
- 2/ Using attachment as an example, illustrate how a correct view of reality can reduce and even eliminate its arising.
- 3/ Why is it important to try and maintain a positive state of mind?
- 4/ What are the eleven stages of contemplation when combining the two methods of cultivating Bodhicitta?
- 5/ Describe the method of meditating on Bodhicitta by way of taking the result into the path?
- 6/ In the post meditation period, the text says "there are 3 objects, 3 poisons and 3 sources of virtue". What are the objects, poisons and sources and discuss how we can integrate this practice.
- 7/ In terms of transforming unfavourable conditions into the path to Enlightenment by deeds. what are the 4 preparations?
- 8/ Name the 4 forces which are the 4 means of purifying negativities and give a brief description.
- 9/ In the teaching on combining the practice to be applied for your whole life with the 5 forces, what are the 5 forces?
- 10/ How should one practice applying the force of motivation in our daily life?
- 11/ How can the force of familiarity be applied at the time of death?

Compulsory Question

Explain the meaning of the third stanza of the 8 point thought transformation

"Examining my continuum throughout all actions, as soon as an emotional affliction arises that endangers myself and others, by facing it I shall strictly avert it"