

TARA INSTITUTE

STUDY GROUP DISCUSSION NIGHT - 30th March 1999

Covering discourses 2/3/99 - 23/3/99

1. 'Practice all yogas as one' means trying to integrate the bodhicitta mind in all actions that we do. Discuss how we can transform daily activities such as waking, bathing, eating and sleeping into the Mahayana path.
2. What are the seven points in the Seven Point Thought Transformation ?
3. What are the advantages of making sure that you have the right motivation or mental attitude before undertaking any action?
4. How does our state of mind differ between when we are meditating and when we are not?
5. When our situation and circumstances in life are going up or going down, it can be a cause for our faith and effort in our spiritual practice to diminish. What can we do to help ourselves to cultivate good-heartedness towards others and maintain our spiritual practice?
6. In the line 'attain the three principle causes', what are the three principle causes?
7. What are the undeclining attitudes?
8. Why is it important not to speak of the faults of others but instead to point out their good qualities?

Compulsory Question

9. Explain the meaning of the following verse from the Seven Point Thought Transformation text

“There are two duties; at the beginning and end.”

“Endure whatever situation arises, either good or bad.”