

# TARA INSTITUTE

## STUDY GROUP DISCUSSION NIGHT - 11th May 1999

Covering discourses 13/04/1999 – 04/05/1999

1. **'Cherish the in-depth and broad application of all skill.'**  
What can we understand from this advice on the Thought Transformation practice?
2. **'Depend not on other circumstances. Exert yourself, especially at this time'**  
When is the best time to practice Dharma? Why?
3. **'Do not follow inverted deeds.'**  
List the six 'inverted deeds' and give a brief description.
4. **'Do not be erratic.'**  
Why is it so important to undertake our practice consistently?
5. **'Be liberated by two: examination and analysis.'**  
How should we apply this advice to our meditation practice?
6. **'Do not wish for gratitude'**  
Why is wishing for gratitude seen as a fault in the Mahayana practice?
7. How do the 6 perfections create the two causes of a buddha's form and truth body, and which perfections are related to each cause?
8. What are the 2 accumulations and how are the perfections related to the 2 accumulations?
9. Why do we need to practise each of the 6 perfections?
10. What is the practice of giving and what are its qualities?
11. What problems arise if we don't practise giving?
12. What are the 2 types of giving, and in particular the practice of giving Dharma?

### **Compulsory Question**

Discuss the meaning of the following verse which is found under the 4th heading of the Seven Point Thought Transformation - 'Consolidating our Practice into One Lifetime'

'Gather together the abridged quintessence of this advice. Blend the practice of one life with the five forces. The instructions for

the great vehicle transmigration of consciousness is to apply those very five forces, lying in the perfect position.'