

# TARA INSTITUTE

(Study Group Test)

29th June 1999

Answer any four from question no. 1-6

Question no. 7 is compulsory

Time allowed one hour

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1. What does it mean by 'equalising' in the context of the meditation of equalising & exchanging self with others"

2. Define self cherishing. How is this the source of all our problems?

3. Discuss the benefits of cherishing others. How is this the source of all happiness in the world?

4. How can we put the yoga of exchanging self with others into practice?

5. Explain the meditation of 'taking'.

6. Explain the meditation of 'giving'.

7. (COMPULSORY)

Discuss the meaning of the following verse from Maitreya's text "Ornament for clear realisation".

“Bodhicitta is a mind which wishes to achieve full enlightenment for the sake of others.”