

TARA INSTITUTE

STUDY GROUP DISCUSSION NIGHT - 3 August 1999

The Six Perfections

1. List the three types of generosity and give a brief description of each.
2. Describe the wrong views that one should avoid, in order to make ones practice of giving more fruitful.
3. What is the meaning of morality and what actions must be abandoned in the practice of morality?
4. Describe the three types of morality and who is benefited by each.
5. What is the meaning of patience?
6. What are the advantages of practising patience?
7. How do we overcome the overwhelming feeling that there are too many external causes of anger for us to be able to practise patience?
8. How does the Law of Karma apply in the practice of patience?
9. How can our understanding of delusions help us to practise patience?
10. How can we try to control the spontaneous arising of anger in our practice of patience?
11. What does Shantideva mean when he says: 'If you cannot tolerate the pain of minor harm from others then how can you tolerate the suffering you will experience as a result of your harmful actions towards others'?
12. Compulsory Question

Discuss the meaning of the following verse from the Eight Verse Thought Transformation text:

'When others out of jealousy,
Treat me badly with abuse, insults and the like,
I shall accept their hard words
And offer the other the victory.'

YOU ARE IN GROUP A