

TARA INSTITUTE

STUDY GROUP DISCUSSION NIGHT - 14 September 1999

The Six Perfections

1. With regard to the practice of patience, what are the benefits of voluntarily enduring suffering?
2. If one is suffering from some physical illness or pain, how can one's mental attitude to that suffering effect one's experience of it?
3. Why is suffering inevitable and why is it appropriate to accept suffering?
4. Why is it that practising the patience of voluntarily accepting suffering can be a cause for us to refrain from negative actions and an inspiration to engage in virtuous practices?
5. It is said that practicing having less desire and achieving some contentment can be very beneficial to sustaining more happiness and peace in one's mind. What does this mean?
6. What is the meaning of this quote from Shantideva:
`There is nothing that does not become easier with familiarity`?
7. What is the Patience of Definitely Thinking about Dharma?
8. What is Joyful Effort and what are the benefits of the perfection of Joyful Effort?
9. Why is Joyful Effort `supreme in all collections of virtue`?
10. How do we develop Joyful Effort and what analogy can be applied to the development of Joyful Effort?
11. What is the opposite of Joyful Effort and what meditation should we engage in to develop Joyful Effort?
12. **Compulsory Question**
Differentiate the three objects of refuge with the three stages of the path.

YOU ARE IN GROUP C