

TARA INSTITUTE

(Study Group Test)

21 September 1999

Answer any four from question no. 1-6

Question no.7 is compulsory

Time allowed one hour

1. What are the benefits of voluntarily enduring suffering?
2. How can one find more peace and happiness through the practice of achieving contentment and desiring less?
3. What is the meaning of the following quote by Shantideva? "There is nothing that does not become easier through the force of familiarity."
4. What is the patience of definitely thinking about Dharma?
5. What does it mean by joyful effort? Why is it called 'supreme in all collections of virtue'.
6. What meditation should we engage in to develop joyful effort?
7. (Compulsory)

Differentiate the three Objects of Ruffige with the three stages of the path.