

TARA INSTITUTE STUDY GROUP DISCUSSION NIGHT

2 November 1999 - The Six Perfections

1. With regard to the Perfection of Joyful Effort, what is meant by the laziness of being attached to inferior or worldly activities and how can this be overcome?
2. Explain the laziness of discouragement and how this may be overcome.
3. Describe the three types of Joyful Effort.
4. What is the definition of Calm Abiding and what are the benefits of developing Calm Abiding/single pointed concentration?
5. In relation to gathering the prerequisite conditions to achieve Calm Abiding, describe the qualities of a suitable place.
6. How is pure morality the basis for all excellent qualities?
7. What are the five favourable conditions for developing calm abiding?
8. How can we overcome the five obstacles to Calm Abiding?
9. In relation to Calm Abiding, what are the four remedies to laziness?
10. What are the four sets of objects for single pointed concentration and why is the image of the Buddha often recommended as an object of single pointed concentration?
11. What are the two characteristics of single pointed concentration and what states of mind do they overcome?
12. How do we develop the object of the Buddha for our practice of single pointed concentration?

Compulsory Question

Discuss these verses from Lama Tsong Khapa's 'The Foundation of All Good Qualities'

Meditation is the majesty that subjugates the mind
It is to be immovable as Mount Meru when sitting
When rising, to undertake all virtuous aims
Thus drawing forth great joy of supple mind and body

Understanding this, powerful yogis rely
On meditation, which subdues the enemy, wandering mind
The Reverend Lama practised like this
Those desiring liberation should do likewise

YOU ARE IN GROUP C