

# TARA INSTITUTE

## (Study Group Test)

9th November '99

Answer any four from question. no. 1-6

Question.no.7 is compulsory

Time allowed one hour

1. Define laziness. How can the laziness of discouragement be overcome.
2. Describe the three types of Joyful Effort.
3. How is pure morality the basis for all excellent qualities?
4. What are the five favourable conditions for developing calm abiding?
5. How can we overcome the five obstacles to calm abiding?
6. What are the four sets of objects for single pointed concentration?
7. COMPULSORY

Discuss the following verses from Lama Tsong Khapa's "The Concise Meaning of the Stages of the Path".

"Meditation is the majesty that subjugates the mind  
It is to be immovable as Mt 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 Revered Lama practised like this  
Those desiring liberation should do likewise."