

**TARA INSTITUTE**  
**STUDY GROUP DISCUSSION NIGHT 4 April 2000**

Covering discourses 07/03 00 - 28/03/00

1. Why is this human life considered to be so precious?
2. Why does our attachment to this life lead to dissatisfaction and suffering?
3. What are the '3 scopes' of spiritual practice? How do these differ in terms of motivation and goal? What are the main practices to be followed within each scope?
4. Discuss the advantages of cherishing others and the disadvantages of self cherishing.
5. List the 5 faults and 8 remedies mentioned under the heading 'the actual means of achieving calm-abiding'.
6. The nine mental abidings are as follows:
  1. Placing the mind
  2. Continuous placement
  3. Patch like Placement
  4. Close placement
  5. Controlling the mind
  6. Pacifying
  7. Thoroughly pacifying
  8. Single pointed concentration
  9. Placement with Equanimity

Briefly describe each level of abiding. Which of the 6 forces is cultivated by the meditator on each level of abiding? List the 4 types of attention.

**Compulsory question**

7. Discuss the meaning of the following verse from Maitreya's text 'The Ornament of Sutras'

Any place where the wise practise  
Has excellent provisions; is a wholesome place;  
Is a healthy location; has noble friends at hand;  
And has facilities to satisfy the yogi.