

T A R A I N S T I T U T E

(Study Group Test)

23th May 2000

Answer any four from question.no.1-6

Question.no.7 is compulsory

Time allowed one hour

1. Define calm abiding and list some of its benefits.
1. Describe mental and physical pliancy.
1. Why is it essential to realise emptiness in order to be liberated from samsara?
1. Explain why is there difference between the Lamrim style texts and the texts on the Middle Way in the order of presenting the two Selflessnesses?
1. What are prerequisites for realising emptiness?
1. Briefly describe how and why ones experience of emptiness during the meditative equipoise is like space, and while during the subsequent period or post meditation is like an illusion.
1. (Compulsory)
Explain the meaning of the following lines from “Heart of the Middle Way” by Bhavaviveka.

“Securely tie the wayward elephant of the mind
To the firm pillar of the visualisation
With the rope of the memory
Break it with the hooks of wisdom.”