

# DISCUSSION

## Week 1 (19 August 2008)

### 1.Explain:

- a) Object Mahamudra
- b) Subject Mahamudra
- c) 'Indistinguishable'
- d) 'diamond hard'
- e) 'beyond all words'

### 2. Explain:

- a) Basis
- b) Path
- c) Result

## Week 2 (26 August 2008)

3. What is the unique teaching of Gyalwa Dondrup and his spiritual son Dharmavajra?

4.What are the four instructions on Preliminary practices?

5. a) What is the actual refuge?

b) At our level what would this involve?

## Week 3 (2 September 2008)

6.Explain the cause for taking refuge for the practitioner of:

- a) The small scope
- b) The medium scope
- c) The great scope

7. How are Hearers, Solitary Realisers, Buddhas and Bodhisattvas born?

3. a) What are the two aspirations of Bodhicitta?

b) How does one train in them?

8. Give the Seven Fold Cause and Effect Technique.

## Week 4 (9 September 2008)

9. Name the four clingings.