

**Tara Institute Study Group 2008 - 'Mahamudra**

**EXAM**

NAME:

BLOCK:

**6**

WEEK:

**6**

**3 NOVEMBER 2008**

MARK:

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1. What is it that one needs an understanding of in order to develop further and why? [2]

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2. Name the meditation practices that are most powerful in making our mind suitable for engaging in further meditation practices. [4]

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3. What are the four opponent powers? [4]

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4. Explain:

a) Conventional Genuine Guru [2]

b) Ultimate Genuine Guru [2]

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5. The teachings say that one should see the conventional genuine guru as being inseparable from the Buddhas of the three times. Explain this with reference to the Vinaya, Prajnāparamita and Tantrayāna points of view. Which of these do we rely on? [4]

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6. Give a summary of the 'Brief form of the guru yoga practice'[6]

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7. Give the points of the supplication to obtain:

a) The Common Siddhis [3]

b) The Uncommon Siddhis [1]

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8. Why is maintaining mindfulness of the guru at one's heart of great benefit in our daily life? [3]

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9. Mahamudra is classified into sutra and tantra. Tantra is explained first to indicate that it takes up fewer words. Within Tantric Mahamudra explain *example clear light* and *actual clear light*. [2]

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10. What serves as the cause for:

a) The Impure Illusory Body? [2]

b) The Pure Illusory Body? [2]