

# DISCUSSION

## Block 7

### Week 1 (11 November 2008)

1. The different presentations of the great masters are presented here in order to illustrate the thorough analyses that they have employed to explain the meaning of the Mahamudra. **List four** of these different presentations with a brief explanation of each.

### Week 2 (18 November 2008)

2. Name the six prerequisites for calm abiding.

3. a) List the three main points of preparation under the heading " The actual meditation."

b) Explain the seven-fold Vairochana posture.

### Week 3 (25 November 2008)

4. How does the meditation focusing on the breath become a Buddhist practice?

5. Explain the nine round breathing technique.

6. With regards to the different guru yoga practices, what did Geshe Doga say seems to make a stronger impact on his mind?

### Week 4 (2 December 2008)

7. Give the two attributes of the concentration to be developed.

8. Give the definition of concentration.

9. Give the definition of mind.

10. Give the three attributes of the conventional mind.