

**Tara Institute Study Group 2009 - 'Mahamudra: The Great Seal of Voidness'**

**EXAM**

NAME:

BLOCK: 1

WEEK: 6

ASSIGNED: 7<sup>TH</sup> APRIL 2009

MARK:

/38.5

1. The Buddha mentioned that 'a subdued mind is a happy mind' and that a subdued mind comes from the practice of meditation. Illustrate the benefits meditation with a relevant example. [3]

2. What is concentration defined as, and what are the two main faults that obstruct the development of this concentration? (From 2<sup>nd</sup> December teaching) [3]

3. List the seven-point posture of Buddha Vairochana. (From 18<sup>th</sup> November teaching) [3.5]

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4. What causes us to be so overpowered by attachment upon first meeting an object of desire? [1]

5. What are three main benefits of taking 'mind' as the object of meditation? [3]

6. When taking your own mind as the object in meditation, should you try to just keep the mind 'blank' and think of nothing? Explain. [3]

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7. What are the five omnipresent mental factors, and the five object ascertaining mental factors? Explain how these fit into the topic of Mahamudra. [7]

8. Describe the steps the beginner practitioner would need to take in the 'general application of mindfulness' [4]

9. Why is the obstacle 'excitement' associated with desire and not other delusions such as anger and jealousy? Would generating love during a meditation session be considered a distraction? [2]

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10. How do the three higher trainings work as a technique to overcome the gross external, gross internal and subtle internal distractions? [3]

11. What are some methods for overcoming both laxity and excitement? [4]

12. What does keeping an appropriate balance of tightness and looseness during a meditation entail? [2]