

DISCUSSION

BLOCK:	2
WEEK:	5
ASSIGNED:	12 TH MAY 2009

Week 1 (14th April 2009)

1. Why is laziness so harmful to a successful meditation practice? [2]
2. Without detailing each of the nine stages of calm abiding, explain the general idea of what occurs as one progresses through these stages? [5]

Week 2 (21st April 2009)

3. List the six powers and explain why their order is significant. What lesson can be taken from the order of the six powers into our everyday live? [5]
4. What are the four mental engagements? For each, explain the reason for their names. [4]
5. In *the Essence of the Madhyamaka*, the analogy of taming a wild elephant is related to subduing the mind. Link each part of this famous analogy [5]. i) the strong post, ii) the wild elephant, iii) the rope, iv) the hook, v) the master.

Week 3 (28th April 2009)

6. Why is it important to make a special effort in setting our mind-set at the beginning and end of each day? Give an example of a practice for each. [4]
7. What is 'blind faith'? Give an example. Is an 'intelligent faith' possible? Explain [3]
8. In the story of the duel between the archer and the swordsman, who did the swordsman blame for his death? [2]

Week 4 (5th May 2009)

9. What does the instruction 'relaxing the intensity of the object' **not** imply about the focus of the meditation object? [1]
10. What must be applied to the mind to reach the appropriate measure of mindfulness and why may the balance of these prove difficult to achieve? [4]