

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

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 _____

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]

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Bonus Question [12 x 0.5]

The Four Mental Engagements

1. _____

2. interrupted engagement

3. _____

4. _____

The Six Powers

1. _____

2. thinking

3. _____

4. introspection

5. _____

6. complete familiarity

The Nine Mental Abidings

1. _____

2. continuous setting

3. _____

4. _____

5. subduing

6. _____

7. _____

8. single-pointed application

9. _____