EXAM		NAME:		
BLOCK: WEEK: ASSIGNED:	2 6 19 <sup>TH</sup> MAY 2009		Mark:	/35

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]

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 subding 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]

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]				
9. What does the instruction 'relaxing the intensity of the object' <b>not</b> 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]				

#### Bonus Question [12 x 0.5]

The Four Mental Engagements	The Six Powers	The Nine Mental Abidings
	1	1
1	2. thinking	2. continuous setting
2. interrupted engagement	3	3
	4. <u>introspection</u>	7
3	5	8. single-pointed application
4	6. <u>complete familiarity</u>	9