

Discussion (15.03.2011)

Week: 1 (15 February 2011)

1. Buddha taught that happiness and suffering are entirely depend on the state of one's mind
 - a) Explain how that is so.

 - b) How should one go about to gain a happy mind? Summarize the main points of Geshe la's advice.
2. List four faults of attachment to intoxicants.
3. List nine faults of attachment to gambling.

Week: 2 (22 February 2011)

4. The text talks about stopping attachment to a woman's body by pointing out many faults of a woman's body
 - a) Give reasons why mentioning these faults was not meant to denigrate women, but in fact equally apply to men.

 - b) What is the purpose of these teachings?
5. a) Give the definition of attachment.

b) Why is attachment a 'wrong consciousness' and what does 'wrong consciousness' imply?
6. a) *"Lust for a woman comes from thinking her body is clean, but there is nothing clean in a woman's body in fact."*
What is meant by the body not being clean?

b) Think of a person for whom you have some attachment. Nominate an attractive feature of that person's face – eye ear, nose, mouth, hair, etc. - and give reasons why that feature is not in fact clean.

c) What is the benefit of this type of investigation?

Week: 3 (1 March 2011)

7. Explain the difference between a 'mistaken awareness' and a 'correct awareness'. Show this with the example of the body.
8. In order to apply this practice what do we need to begin by doing? Elaborate a little.
9. What is the reply to thinking 'the skin is not foul because it is like a garment'?

Week: 4 (8 March 2011)

10. a) What does the 'nine wounds' refer to?

b) When talking about the unclean substances that drip from these 'nine wounds' what is the point that is to be understood?
11. Using the example of an object of desire of sight, show the different levels of engagement with the object of desire.