

Discussion (13.09.2011)

Week: 1 (16 August 2011)

1. List the three types of generosity. [3]
2. Explain the twenty-first branch of wisdom:
Verse 272. **Bear suffering alone**
And share your pleasures with others [4]
3. Explain verse 273. **Do not be inflated**
Even by the prosperity of gods
Do not be depressed
Even by the poverty of hungry ghosts. [4]

Week: 2 (23 August 2011)

4. Describe the point that Geshe-la heard mentioned recently, where science comes to the same conclusion as Buddhism. [4]
5. "I can safely say that it definitely moves my mind and gives me a real sense of encouragement. I also feel that, as result my mind naturally becomes very settled, very calm and also very focused."
a) Describe the daily practice that Geshe-la is referring to here. [4]
- b) What does Shantideva emphasise in relation to this practise? [2]
6. How could one attain or realise the Bodhicitta attitude in this lifetime? [4]
7. What happens from the moment one has realised emptiness? [4]

Week: 3 (30 August 2011)

8. Explain the ninth Particular Good Quality:
Vs. 288c) Through respect you will be endowed with realisation of meaning. [4]
9. The fifteenth Particular Good Quality reads:
Vs. 290d) Through enduring the doctrine you will attain retention.
Explain the meaning of *endurance* and *retention* here. [4]
10. "So we need to resolve to try to use whatever means we have to put this essential advice into practice right now. It would be good to also make strong aspirational prayers." Show Geshe la's example of an aspirational prayer [4]

Week: 4 (6 September 2011)

11. Explain the twenty third quality, verse 298 : **Through meditatively cultivating the wisdom of reality**
Which is the same for all phenomena and is moistened with compassion
For the sake of liberating all sentient beings.
You will become a conqueror endowed with all supreme aspects. [4]
12. Explain Verse 300: **Therefore knowing the concordance**
Of actions and their effects
Always help beings in fact.
Just that will help yourself. [4]