

Discussion Week 4 (21.08.2012)

An assignment, Geshe Doga has asked us to familiarise the ten grounds in advance of his teachings on them. They can easily be found in the text from verse 441 onward.

Week: 1 (31 July 2012)

1. a) What are some reasons for contemplating on and generating a fear of death? [4]
b) For the three different levels of practitioner what are the experiences at the time of death? [6]
2. What did Shantideva emphasise in 'The Bodhisattva's Way of Life', with regards to laziness? [4]
3. What are the nine causes of harmful intent? [4½]
4. 'Regret is also a variable mental factor'. Name and explain the three types of regret [3]
b) Explain the analogy of poison and regret [4]

Week: 2 (7 August 2012)

5. How does a practice e.g. 'ethics' become a higher form of practice? [4]
6. Give the definition of ethics specific to this text. [2]
7. a) Give the definition of patience. [3]
b) What are the three types of patience? [3]
8. Give the definition of effort. [2]
9. What is concentration? [2]
10. Give the definition of wisdom. [3]
11. What are the results of the six perfections? [6]

Week 3 (14 August 2012)

12. What does '*simultaneous perfection of all those seven qualities*' indicate? [4] pg2 c 1
13. A '*perfection*' incorporates three main features. What are these three features? [3] pg. 2 c 1
14. In order to better understand the practices of the six perfections it is good to identify the opposite of each of the seven practices. List the practices and their opposites. [6] pg. 2 c 2
15. What are two synonyms for 'ground'? [2] pg. 3 c 2
15. a) What does '*contaminated*' refer to? [[4] pg. 4 c 1
b) What is '*uncontaminated wisdom*'? [4] pg. 4 c 2