3. '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]
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]	
12. What does 'simultaneous perfection of all those seven qualities' indicate? [4]	

13. A 'perfection' incorporates three main features. What are these three features? [3]
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]
14. What are two synonyms for 'ground'? [2]
15. a) What does 'contaminated 'refer to? [[4]
b) What is 'uncontaminated wisdom'? [4]