

Tara Institute Study Group 2009 - 'Mahamudra: The Great Seal of Voidness'

DISCUSSION

BLOCK: 3
WEEK: 5
ASSIGNED: JUN 23RD 2009

Week 1 (26th May 2009)

1. Describe the technique of '*mixing the settled and moving mind*'. What is it used for, and what is its ultimate application? [3]
2. How does the analogy (whereby a crow flies off a ship) relate to subsiding discursive thoughts during a meditation? [3]
3. List the six methods of placing the mind. Briefly explain what their names refer to. [12 x 0.5]

Week 2 (2nd Jun 2009)

4. Having applied all the earlier methods and techniques of developing mindfulness on the mind you will reach the ninth stage of concentration. What is the result? Give an example or analogy.
5. a. Give the sequence of how physical and mental bliss and pliancy are achieved.
b. In summary, explain mental and physical pliancy.
6. Give the definition of calm abiding

Week 3 (9th June 2009)

7. The Buddha taught many practices for the Buddhist practitioner. Describe what these three simple meditations are and why we do them.
 - I. Buddha Shakyamuni [2]
 - II. The Precious Human Rebirth [2]
 - III. Death and Impermanence [2]

Week 4 (16th June 2009)

8. Why is a mere state of calm abiding focussing on the conventional nature (i.e. colourless, shapeless) commonly mistaken for the direct perception of emptiness?
9. What makes a practice a Buddhist practice?