



Name:
Date:
Grade:

Final Examination

1) List the five parts for our study of the practice of meditation.

a)

b)

c)

d)

e)

2) List just the names of the six preliminaries that should be performed before a meditation session. Be careful not to confuse them with the "seven ingredients". (Tibetan track students answer in Tibetan.)

a)

b)

c)

d)

e)

f)

3) What are the seven ingredients? (Tibetan track answer in Tibetan.)

- a)
- b)
- c)
- d)
- e)
- f)
- g)

4) These seven are part of which of the six preliminaries? Which of them act to gather the power of goodness, and how many to clean away obstacles for a successful meditation?

5) Name the six conditions that must be gathered together for meditation. Do not confuse these with the six preliminaries. (Tibetan track answer in Tibetan.)

- a)
- b)
- c)
- d)
- e)
- f)

6) Briefly describe the eight characteristics of correct meditation posture. (Tibetan track students also give Tibetan for each.)

a)

b)

c)

d)

e)

f)

g)

h)

7) Name the first of the five problems of meditation. Which four of the eight corrections are used to counteract it? (Tibetan track answer in Tibetan.)

a) *problem:*

b) *four corrections:*

(1)

(2)

(3)

(4)

8) Name the third of the five problems of meditation. What is its correction? (Tibetan track in Tibetan.)

9) Explain the difference between gross and subtle dullness of meditation. (Tibetan track name the two in Tibetan, and explain in English.)

10) What is the fourth of the five problems of meditation? How do you know it has occurred? (Tibetan track give the name for the problem in Tibetan.)

11) The correction to the fourth problem can come in two different forms. Name them.

a)

b)

12) Name and describe the nine states of meditation. (Tibetan track give the names in Tibetan and describe in English.)

a)

b)

c)

d)

e)

f)

g)

h)

i)

13) Name three different types of meditation. (Tibetan track in Tibetan.)

a)

b)

c)

14) Give the meaning of the word "lam-rim." Where does the name come from?

15) Which of the five great texts, and the different levels of secret practice, are contained in this text?

16) Name the four major parts of this lam-rim. (Tibetan track in Tibetan.)

a)

b)

c)

d)

17) Name the three parts to the subject of taking the essence of this life. (Tibetan track in Tibetan.)

a)

b)

c)

18) What are the three principles of the death meditation? (Tibetan track in Tibetan.)

a)

b)

c)

19) Name the four laws of karma. (Tibetan track in Tibetan.)

a)

b)

c)

d)

20) State briefly the difference between Buddhists of lesser, medium, and greater capacity.

21) Do you think it is true that every event in our present kind of life is suffering? Why or why not?

22) Of the three trainings, why is only the training of morality mentioned at this point?

23) Give the two parts to the steps of the path which are shared with practitioners of the greater scope (Tibetan track in Tibetan.)

a)

b)

24) Give the definition of quietude (called *shamata* in Sanskrit and *shi-ne* in Tibetan).

25) Give the definition of insight (called *vipashyana* in Sanskrit and *hlak-tong* in Tibetan).

Please PRINT your name clearly, exactly as you would like it to appear on your certificate, and the address to which the certificate should be sent.

Please circle one or specify other: Mr. Ms. Mrs. Miss Venerable

Name as you would like it to appear on the certificate: _____

Mailing name, if different: _____

Address _____

City _____ State _____ Zip code _____

Country _____