



Name:

Date:

Grade:

Homework, Class One

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

a)

b)

c)

d)

e)

2) There are a number of words in Tibetan and Sanskrit for different forms of meditation. Some of the important ones are *gompa* (Sanskrit: *bhavana*), *samten* (*dhyana*), *nyomjuk* (*samapatti*), *nyamshak* (*samahita*), *shi-ne* (*shamata*), and *ting-ngen-dzin* (*samadhi*). Describe very briefly the general sense of each of these. (Tibetan track students write out the Tibetan for each.)

a) *gompa*:

b) *samten*:

c) *nyomjuk*:

d) *nyamshak*:

e) *shi-ne*:

f) *ting-nge-dzin*:

3) 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" that we will study in the next class. (Tibetan track students answer in Tibetan.)

a)

b)

c)

d)

e)

f)

Memorization assignment: Memorize the names of the six preliminaries.

Meditation assignment: 15 minutes per day at the same time of day on the six preliminaries

Dates and times meditated (homework without these will not be accepted):



Name:

Date:

Grade:

Homework, Class Two

1) Who wrote the text that we are studying for the six preliminaries and the seven ingredients used in preparing for a meditation session? What are his dates? What is the text called? (Tibetan track students answer in Tibetan.)

2) On what original Sanskrit work is this author's presentation of the seven ingredients based? (Tibetan track students answer in Tibetan.)

3) What are the seven ingredients? (Tibetan track students 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) What are the three types of vows mentioned in the ingredient of confession? (Tibetan track in Tibetan.)

6) What is the difference between a prayer and a dedication? (Tibetan track give names for these two.)

7) What work will we be using for the practice of the seven ingredients?

Memorization assignment: Memorize the names of the seven ingredients. (Tibetan track in Tibetan).

Meditation assignment: 15 minutes per day at the same time of day on the seven ingredients.

Dates and times meditated (homework without these will not be accepted):



Name:
Date:
Grade:

Homework, Class Three

1) 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)

2) What book is Je Tsongkapa using for his explanation of the first of these? Who wrote it, and what are their dates? (Tibetan track in Tibetan.)

3) What is Je Tsongkapa using as his source for all six? Who wrote it, and what are his dates? (Tibetan track in Tibetan.)

4) What is an important source for the teaching on few wants, and easy satisfaction? Who wrote it, and when?

Memorization assignment: Memorize the names of the six conditions for meditation.

Meditation assignment: 15 minutes per day at the same time of day, on the six conditions.

Dates and times meditated (homework without these will not be accepted):



Name:
Date:
Grade:

Homework, Class Four

1) 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)

2) What source is Je Tsongkapa using for these eight? Who wrote it? When did he live? (Tibetan track students answer in Tibetan.)

3) The eight characteristics have sometimes been called the eight-point posture of the Buddha named "Appearances" (*Vairochana*). How do they differ from the seven-point posture of the same Buddha? (Tibetan track students give Tibetan for the seven-point posture of Vairochana.)

Memorization assignment: Memorize the eight parts of proper meditation posture.

Meditation assignment: 15 minutes per day at the same time of day on the eight-point posture.

Dates and times meditated (homework without these will not be accepted):



Name:
Date:
Grade:

Homework, Class Five

1) 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)

2) Name the second of the five problems of meditation, and explain why its name does not exactly describe it. (Tibetan track name in Tibetan, and explain in English.)

3) Give the name of the correction for this second problem. (Tibetan track in Tibetan.)

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

5) Give an example for the difference between fixation, clarity, and clarity with intensity. (Tibetan track give the names for these three in Tibetan.)

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

Memorization assignment: Memorize the names of the first three problems and the first six corrections.

Meditation assignment: 15 minutes per day at the same time of day on these nine.

Dates and times meditated (homework without these will not be accepted):



Name:
Date:
Grade:

Homework, Class Six

1) 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.)

2) What is the correction for this fourth problem? (Tibetan track in Tibetan.)

3) This correction can come in two different forms. Name them.

a)

b)

4) Name three methods for uplifting your state of mind in meditation. Which is the main one? (Tibetan track in Tibetan.)

a)

b)

c)

5) Name three methods of bringing your mind down in meditation.

a)

b)

c)

6) What is the fifth and final problem of meditation? What is its correction? (Tibetan track in Tibetan.)

Memorization assignment: By the end of this week you should have memorized all five problems and all eight solutions.

Meditation assignment: 15 minutes per day at the same time of day on the last two problems and their corrections.

Dates and times meditated (homework without these will not be accepted):



Name:
Date:
Grade:

Homework, Class Seven

1) 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)

Memorization assignment: Memorize the names of the nine states of meditation.

Meditation assignment: 15 minutes per day at the same time of day on the nine states.

Dates and times meditated (homework without these will not be accepted):



Name:
Date:
Grade:

Homework, Class Eight

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

a)

b)

c)

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

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

4) Who wrote the *Source of All My Good*? Where, and when?

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

a)

b)

c)

d)

6) Name four parts to the practice of taking yourself to a Lama. (Tibetan track in Tibetan.)

a)

b)

c)

d)

7) There are two sets of five qualities that a qualified Lama should, at the very minimum, possess. List either one of them. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

8) What is the meaning of "bless me" throughout this text?

Memorization assignment: Memorize the first three verses of *Source of All My Good*.

Meditation assignment: 15 minutes per day, at the same time of day, on the first verse.

Dates and times meditated (homework without these will not be accepted):



Name:
Date:
Grade:

Homework, Class Nine

1) The first part of the lam-rim ("steps of the path") we are studying concerned how to take a Lama. The second part concerns how to practice once one has taken a Lama. What are the two parts of how to do this practice? (Tibetan track in Tibetan.)

a)

b)

2) Name any five of the eight leasures.

a)

b)

c)

d)

e)

3) Name any five of the ten fortunes.

a)

b)

c)

d)

e)

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

a)

b)

c)

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

a)

b)

c)

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

a)

b)

c)

d)

Memorization assignment: Memorize up to the verse that starts with "Bless me to perceive all that's wrong with the seemingly good things of this life."

Meditation assignment: 15 minutes per day at the same time of day on the eight leisuress and the ten fortunes.

Dates and times meditated (homework without these will not be accepted):



Name:

Date:

Grade:

Homework, Class Ten

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

2) Give two parts to the steps of the path which are shared with practitioners of medium capacity. (Tibetan track in Tibetan.)

a)

b)

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

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

5) What are recollection and watchfulness doing at this point, and towards what are they aimed? (Tibetan track give the names for the two in Tibetan.)

6) 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)

7) The second of these two parts has two parts itself. Name them. (Tibetan track in Tibetan.)

a)

b)

8) The first of these two parts also has two parts. Name them. (Tibetan track in Tibetan.)

a)

b)

9) What are the three moralities mentioned here? (Warning: these are not the same as the three types of vows.) (Tibetan track answer in Tibetan.)

a)

b)

c)

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

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

Memorization assignment: Memorize the verses from "Bless me to perceive all that's wrong with the seemingly good things of this life" up to "the perfect meaning in the correct way."

Meditation assignment: 15 minutes per day at the same time of day, on the entire outline of our lam-rim so far.

Dates and times meditated (homework without these will not be accepted):