



Name:

Date:

Grade:

Homework, Class One

1) Give the name of the principal text we will be using for our study of the realms of existence, along with the name of its author, and his approximate dates. (Tibetan track answer in Tibetan and Sanskrit.)

2) Give the name of the principal commentary we will be using, its author, and his dates. (Tibetan track in Tibetan.)

3) Give the names of the three realms. (Tibetan track in Tibetan.)

a)

b)

c)

4) Explain how the desire realm can be divided into twenty different parts. (Tibetan track in Tibetan.)

5) What quality characterizes the beings and places of the desire realm?

- 6) What is the nature of the “desire” in the expression “desire realm”?

- 7) What qualities characterize the form realm?

- 8) Why is the “form realm” called what it is?

- 9) Why do the four levels of the form realm consist of seventeen different sections?

- 10) Is the level called “Below None” a part of the form realm or not? (Tibetan track also give the name of the level.)

- 11) According to the highest school of Buddhism, what ultimately causes each of the different realms and types of birth?

Meditation assignment: Analytical meditation, 15 minutes per day, on the question of why a highly realized being such as Master Vasubandhu would describe details of a world if they did not in fact exist.

Meditation dates and times (must be filled in, or homework will not be accepted):



Name:

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Homework, Class Two

- 1) Explain how the location of the formless realm is determined.

- 2) What are the names of the four levels of the formless realm, and how does one reach them? (Tibetan track give the names in Tibetan.)

- 3) Aside from the total lack of physical matter there, what distinguishes the formless realm from the lower two realms?

- 4) Name the five types of birth that a person can take. (Tibetan track in Tibetan.)
 - a)
 - b)
 - c)
 - d)
 - e)

- 5) Where in the five types of birth do we include the intermediate beings, and the lesser pleasure beings? (Tibetan track give their names in Tibetan also.)

6) Name the four ways of taking birth. (Tibetan track in Tibetan.)

a)

b)

c)

d)

7) Which types of birth are considered better than the others?

8) Which kinds of beings are said to be (a) aware of what they are doing as they enter the womb; (b) aware both while entering and staying; (c) aware while entering, staying, and issuing; and (d) aware at none of these points?

a)

b)

c)

d)

Meditation assignment: 15 minutes per day, try to imagine what each of the three realms is like, and what it would be like to be born as each of the five different types of beings in these realms.

Meditation dates and times (must be filled in, or homework will not be accepted):



Name:
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Homework, Class Three

1) Name the text that we are using for our study of the lives of craving spirits and animals. Who wrote it, and what are his approximate dates? What famous book was based on this text? (Tibetan track answer in Tibetan.)

2) Name the one general cause, and then the three specific causes that can lead us to a birth as a craving spirit. (Tibetan track in Tibetan.)

a)

b)

c)

d)

3) Describe the three basic kinds of sufferings that craving spirits can have. (Tibetan track in Tibetan.)

a)

b)

c)

4) Name one general cause, and then two specific causes, for birth as an animal.

a)

b)

c)

5) Describe some of the sufferings that animals must undergo.

Meditation assignment: 15 minutes per day, try to visualize what it would be like if you were actually a craving spirit, or an animal.

Meditation dates and times (must be filled in, or homework will not be accepted):



Name:

Date:

Grade:

Homework, Class Four

1) Give the name, and the author and his dates, for the commentary we will use for our study of the suffering of humans. Then give the name, and the author and his dates, for the root text that this author is commenting upon. (Tibetan track in Tibetan.)

Commentary:

Root text:

2) Name and describe the six kinds of suffering that we must undergo. (Tibetan track name in Tibetan and describe in English.)

a)

b)

c)

d)

e)

f)

Meditation assignment: 15 minutes per day, memorize the six sufferings, and review specific instances of them in your life.

Meditation dates and times (must be filled in, or homework will not be accepted):



Name:

Date:

Grade:

Homework, Class Five

1) Explain the meaning of the word "bardo."

2) Describe the example of seeds for crops of grain, used to explain why intermediate beings must logically exist.

3) The existence of intermediate beings is also proven by statements of the Buddha. Describe the three conditions under which, according to the Buddha, a child will form in the mother's womb. (Tibetan track answer in Tibetan.)

a)

b)

c)

4) What determines the appearance that an intermediate being's body will take?

5) Who can see an intermediate being?

6) Describe the special powers that intermediate beings enjoy.

7) Is it possible to be diverted to another type of birth after one has already taken form as an intermediate being headed for a particular type of rebirth?

8) How does an intermediate being enter the state of a human womb birth?

Meditation assignment: 15 minutes per day, imagining how it will be to enter the bardo realm as you die.

Meditation dates and times (must be filled in, or homework will not be accepted):



Name:

Date:

Grade:

Homework, Class Six

1) Name the four different kinds of sustenance, and give examples of each. (Tibetan track name the four in Tibetan, and explain in English.)

a)

b)

c)

d)

2) What is the function of these types of sustenance?

3) Describe the very first stage in the formation of the world.

4) Describe briefly the nine major mountains of the world.

5) Describe briefly the three oceans of the world.

Meditation assignment: 15 minutes per day, imagining the ultimate evolution of the world for yourself into a Buddha paradise.

Meditation dates and times (must be filled in, or homework will not be accepted):



Name:
Date:
Grade:

Homework, Class Seven

1) Name and describe the eight hot hells. (Tibetan track name in Tibetan, describe in English.)

a)

b)

c)

d)

e)

f)

g)

h)

2) Name and describe briefly three additional kinds of hells. (Tibetan track name in Tibetan and describe in English.)

a)

b)

c)

3) Explain how karma ripens into a hell birth, and why this makes it very possible for people like us to be born into a hell.

Meditation assignment: 15 minutes per day, go mentally from one of the eight hot hells to the next, picturing the suffering in each.

Meditation dates and times (must be completed, or homework will not be accepted):



Name:
Date:
Grade:

Homework, Class Eight

1) Name the four different kinds of kalpas (eons). (Tibetan track in Tibetan.)

a)

b)

c)

d)

2) Describe the events that open and close the eon of destruction. (Tibetan track in Tibetan, from the root text.)

3) The physical world can be destroyed by fire, water, or wind. Describe how the world ends when it is destroyed by fire.

4) Describe the events that open and close the eon of formation. (Tibetan track in Tibetan, from the root text.)

5) The eon of continuation continues for twenty intermediate eons. Describe the length of an intermediate eon.

6) Describe the length of a great eon.

7) What is the length of time that a person must accumulate the collections of merit and wisdom to become a Buddha? (Tibetan track in Tibetan, from the root text.)

8) Describe the periods during which Buddhas appear in the world.

Meditation assignment: Fifteen minutes per day, meditate upon the day that you become a Buddha.

Meditation dates and times (must be filled in, or homework will not be accepted):



Name:
Date:
Grade:

Homework, Class Nine

1) Name the four steps in the contemplation of death. (Tibetan track in Tibetan.)

a)

b)

c)

d)

2) Describe the awareness of death which is not the one which we seek to develop through meditation.

3) Describe the awareness of death which is the one which we seek to develop through meditation.

4) Name the three principles for meditating on death. (Tibetan track in Tibetan.)

a)

b)

c)

5) Describe the three reasons for the certainty of death.

a)

b)

c)

Meditation assignment: 15 minutes a day, analytical meditation on the three reasons for the certainty of death.

Meditation dates and times (must be filled in, or homework will not be accepted):



Name:
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Homework, Class Ten

1) Name the three reasons behind the second principle of death meditation: contemplating that there is no certainty when we will die. (Tibetan track in Tibetan.)

a)

b)

c)

2) Name the three reasons behind the third principle of death meditation: contemplating that, when you do die, nothing but the Dharma can be of the least help to you. (Tibetan track in Tibetan.)

a)

b)

c)

3) State the three resolutions that we should make after understanding the nine reasons for the three principles.

a)

b)

c)

Meditation assignment: 15 minutes per day, analytical meditation on the three reasons behind each of the latter two principles of death meditation.

Meditation dates and times (must be filled in, or homework will not be accepted):