



Name:

Date:

Grade:

Homework, Class One

1) Name the root text we will be using in our study of the bodhisattva's way of life, its author, and his approximate dates. (Tibetan track in Tibetan.)

2) Name the famed commentary upon this text that we will be using; give the author's two names, and his exact dates. (Tibetan track in Tibetan.)

3) Describe briefly the event in Master Shantideva's life which taught the monks of Nalanda Monastery that they should never judge a person from his or her outward appearance. (Tibetan track also give the name in Tibetan which was given to this master by certain misguided people.)

4) Name the ten chapters of the *Guide*. (Tibetan track in Tibetan)

(1)

(2)

(3)

(4)

(5)

(6)

(7)

(8)

(9)

(10)

Meditation assignment: Spend 15 minutes per day in prayer, requesting Master Shantideva for his blessing that you may truly be able to develop this wish in your heart.

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



Name:

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Homework, Class Two

1) Give the definition of the wish for enlightenment (*bodhichitta*) according to Lord Maitreya. (Tibetan track in Tibetan.)

2) Name and describe the two forms of the wish for enlightenment. (Tibetan track name in Tibetan and describe in English.)

a)

b)

3) Describe the first five metaphors used to describe the benefits of the wish for enlightenment.

a)

b)

c)

d)

e)

4) The sutra called *Stalks in Array* says this holy wish is like a seed, a rich field, a wish-giving vase, and a sword. Explain each of these metaphors.

a)

b)

c)

d)

5) Explain how the wish for enlightenment destroys your bad deeds, and prevents you from being born in one of the lower realms?

6) Explain why nothing less than this precious wish could ever transform your entire world and your very being into something totally pure and enlightened.

Meditation assignment: Analytical meditation, 15 minutes per day on the role that the wish for enlightenment will play in the process of your own enlightenment.

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



Name:

Date:

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Homework, Class Three

1) Give the four general divisions of the second chapter of the *Guide to the Bodhisattva's Way of Life*. (Tibetan track in Tibetan.)

a)

b)

c)

d)

2) Name and describe the highest objects of the practice of making offerings.

3) List the three general types of offering described in the *Guide*. (Tibetan track in Tibetan.)

a)

b)

c)

4) List the twelve kinds of offerings that you can make by emanating them in your mind. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)

g)

h)

i)

j)

k)

l)

5) Describe briefly why the act of taking refuge can actually protect you.

Meditation assignment: 15 minutes of analytical meditation per day, go mentally through the twelve different offerings and present them to the Three Jewels.

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



Name:

Date:

Grade:

Homework, Class Four

1) Give the name of the original source of the teaching on the four forces of purification.
(Tibetan track in Tibetan.)

2) List the four forces in the order in which they are presented in the detailed treatment of the forces in Gyaltsab Je's commentary upon the *Guide to the Bodhisattva's Way of Life*.
(Tibetan track in Tibetan.)

a)

b)

c)

d)

3) Is the practice of the four forces effective even with bad deeds where the karma has been both committed and collected, making the experience of the result of the deeds certain?

4) Name the method we can use to achieve the level of regret required for the first of the four forces.

5) Name six different kinds of practices that can be effective in the practice of the third of the forces. (Tibetan track in Tibetan.)

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

6) Briefly describe the four steps used by Master Shantideva in his explanation of the first of the four forces.

- a)
- b)
- c)
- d)

7) Name the three steps in the explanation of the force of the foundation.

- a)
- b)
- c)

8) What is the point of the comparison of the terror of death to a kind of punishment in which one of a person's limbs is cut off?

Meditation assignment: 15 minutes a day, analytical meditation on the relationship between death and the four forces.

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



Name:

Date:

Grade:

Homework, Class Five

1) In his discussion of the third of the four forces of purification, Master Shantideva advises us to think of ourselves as sick people in need of medicine and a supreme physician. Describe the chronic disease that we are said to have. (Tibetan track in Tibetan.)

2) Name three important reasons why we should make great efforts in the practice of purifying ourselves through all four of the forces, together. (Tibetan track in Tibetan.)

a)

b)

c)

3) Name five activities that function to help us collect the positive energy needed to reach the true wish for enlightenment. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

4) Name three different levels of virtue in which we can rejoice.

5) Name and describe the opposite of rejoicing.

6) Name four kinds of dedication, and then describe what it is we are dedicating.

a)

b)

c)

d)

What we are dedicating:

7) What are we wishing for when we make dedication?

Meditation assignment: 15 minutes per day, sit in meditation posture and rejoice in the goodness of yourself and others, at all three levels.

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



Name:

Date:

Grade:

Homework, Class Six

1) Why does Master Shantideva recommend the practice of taking joy, once one has attained the two forms of the wish for enlightenment?

2) Describe four things that uplift our hearts as we first gain the two forms of the wish. (Tibetan track in Tibetan.)

a)

b)

c)

d)

3) Name five ways in which the wish has the power to remove the sufferings of living beings. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

4) *How* is it that the wish can remove these sufferings in every living being?

5) Name and describe the two kinds of obstacles that the wish has the power to destroy.
(Tibetan track name in Tibetan and describe in English.)

a)

b)

6) What, according to Gyaltsab Je, is the "very highest way of all to get the essence out of having achieved this human body and mind"?

Meditation assignment: 15 minutes per day, analytical meditation on *how* the wish for enlightenment has the power to remove all the sufferings of every living being.

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



Name:

Date:

Grade:

Homework, Class Seven

1) Name four different steps in the process of considering how the mental afflictions hurt us.

a)

b)

c)

d)

2) Give the standard definition of a mental affliction. (Tibetan track in Tibetan.)

3) Name the six primary mental afflictions. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)

4) Name and briefly describe the five kinds of wrong views that make up the sixth primary mental affliction. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

5) What does Master Shantideva say about the idea that one should hold off achieving nirvana until others do so first?

Meditation assignment: 15 minutes per day, analytical meditation upon how specific mental afflictions that you yourself have hurt you, in the four steps given by Master Shantideva.

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



Name:

Date:

Grade:

Homework, Class Eight

1) There are twenty secondary mental afflictions. Name and describe any six of them.
(Tibetan track name in Tibetan and describe in English.)

a)

b)

c)

d)

e)

f)

2) What does Gyaltsab Je have to say about the idea that a strong love for the Path, and hatred for your mental afflictions, are mental afflictions themselves?

3) Why is it important that the continued existence of the mental afflictions depends on a misperception?

4) State three reasons why the mental afflictions have no place else to go, once they are eliminated from the mind. (Tibetan track in Tibetan.)

a)

b)

c)

5) List the six perfections, the six principal activities of a bodhisattva, and explain why they are perfections. (Tibetan track in Tibetan.)

6) Does the perfection of giving depend on its external perfection? Why or why not?

7) Name the external objects which need not be eliminated for each of the first three perfections to be perfect.

a)

b)

c)

Meditation assignment: 15 minutes per day, examining your mind and life for your most common secondary mental afflictions.

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



Name:

Date:

Grade:

Homework, Class Nine

1) Describe the context in which Master Shantideva distinguishes between recollection and watchfulness. (Tibetan track also give the names for these two in Tibetan.)

2) Give the four divisions of the section devoted to how one should maintain how they look with their eyes. (Tibetan track in Tibetan.)

a)

b)

c)

d)

3) Name three special circumstances under which one may be allowed to let up, temporarily, from the normally very detailed scrutiny of one's thoughts and bodily actions.

a)

b)

c)

4) Explain the reasoning behind the ordering of the six perfections. (Tibetan track mention the six in Tibetan also.)

5) Name six separate occasions on which Master Shantideva says we should freeze, and stay like a bump on a log. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)

Meditation assignment: 15 minutes per day, on situations that recently came up in which we should have frozen like a bump on a log, and what goodness we might have done if we hadn't frozen.

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



Name:

Date:

Grade:

Homework, Class Ten

1) Name six different qualities mentioned by Master Shantideva that make the perfection of giving very powerful karmically. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)

2) What two things does Master Shantideva say about prioritizing one's efforts in the six perfections? (Tibetan track: Give the word for "prioritization" in Tibetan.)

a)

b)

3) State three principles which Master Shantideva discusses with regard to the morality of acting on behalf of living beings. (Tibetan track in Tibetan.)

a)

b)

c)

4) Name three principles in the practice of attracting other persons to the Dharma through material giving. (Tibetan track in Tibetan.)

a)

b)

c)

5) Name three principles in the practice of attracting other persons through the giving of the Dharma itself. (Tibetan track in Tibetan.)

a)

b)

c)

6) Name three principles for the practice of training oneself in activities that maintain the good opinions of others in the Dharma, and that prevent oneself from being polluted by bad deeds. (Tibetan track in Tibetan.)

a)

b)

c)

Meditation assignment: 15 minutes per day on the principle of priorities in one's practice, examining your own life and priorities against those of the six perfections.

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