



Name: _____

Date: _____

Grade: _____

THE SOURCE OF ALL MY GOOD

ANSWER KEY FOR CLASS FIVE

1. Give two parts to the steps of the path which are shared with practitioners of medium capacity.

- a) **Developing the wish to achieve freedom from suffering existence.**
- b) **Learning how to gain the path to freedom.**

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

The outright pain, such as a bad back or grief over the loss of a loved one, is obviously suffering (the suffering of suffering). But even the good things—a good home, family, or job—must inevitably change and be ripped away from us (the suffering of change). We finally lose even our own bodies; our minds become senile; and even our names are forgotten. Since every event in our present kind of life is either suffering or inevitably degenerates into suffering (pervasive suffering), then it is true that all these events are suffering.

3. What is really meant by “pervasive suffering?”

Here in the cycle of pain we are completely at the mercy of forces which we set in motion long ago, through our negative emotions and karma. Except to the extent that we can intervene with our spiritual practice, then, we have no choice but to experience the other two sufferings of outright pain and change.

4. What are the six kinds of suffering that permeate every form of life in samsara?

- 1) **The suffering that comes because everything is uncertain; friends and enemies are constantly change on us**
- 2) **The suffering that comes from things being unable to satisfy us; instead they actually create more desire and dissatisfaction**
- 3) **The suffering that comes from having to die over and over again**
- 4) **The suffering of having to be born over and over again**
- 5) **The suffering that comes from having to go from high to low, over and over again**
- 6) **The suffering of being alone**



5. What are the ten kinds of suffering we acquire as soon as we take on a human body?

- 1) **Hunger and thirst**
- 2) **The inexorable decay of the body**
- 3) **Being separated from what we like and those we love**
- 4) **Meeting up with what we don't like and people we hate**
- 5) **The inability to get the things we want**
- 6) **Being suddenly and unexpectedly stricken by things we don't want**
- 7) **Being forced to take birth**
- 8) **Being forced to get old**
- 9) **Being forced to fall sick**
- 10) **Being forced to die**

6. What are the two main forms of suffering in the hell realms?

Unremitting suffering that comes from extreme heat or cold.

7. What is the main form of suffering in the realm of the hungry ghosts?

Constant craving, in the form of hunger and thirst, that is never be satiated.

8. What are the main forms of suffering in the animal realm?

Deep ignorance, being subject to the "law of the jungle" where bigger animals eat smaller ones, and being exploited by human beings.

9. What, in a word, is the main form of suffering of the lesser pleasure beings?

Envy.

10. Describe the particular suffering experienced by the "gods" or higher pleasure beings?

According to Arya Nagarjuna's *Friendly Letter*, the pleasure beings at the end of their lives suffer when they become aware of the five signs of death: 1) their bodies turn an unattractive color; 2) their cushions become uncomfortable; 3) their flower garlands wilt; 4) their clothing smells; and 5) an unaccustomed sweat breaks out over their bodies. They also realize that they will reborn next in a lower realm as an animal, hungry ghost, or hell being.