



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Grade: \_\_\_\_\_

## THE SOURCE OF ALL MY GOOD

### ANSWER KEY FOR CLASS SEVEN

1. Give the two parts to the steps of the path which are shared with practitioners of the greater scope.

- a) Learning how to think like a bodhisattva.
- b) Learning how to act like a bodhisattva.

2. Give the short definition of bodhicitta taught by Maitreya.

**The wish to become fully enlightened for the sake of all sentient beings.**

3. Name the two basic types of bodhicitta.

a) The wish in the form of a prayer (that is, *thinking* like a bodhisattva) or *munsem*. Like planning to go on a trip; a decision to commit to reaching total enlightenment for the sake of others.

b) The wish in action (that is, *acting* like a bodhisattva) or *juksem*. Like actually taking the trip; taking the bodhisattva vows and keeping them, engaging in the six perfections.

Please also note that bodhicitta can be divided into "ultimate" and "deceptive" bodhicitta, referring respectively to the direct perception of emptiness and the actual wish for enlightenment (what we normally think of as "bodhicitta").

4. Describe the relationship between renunciation and bodhicitta.

**Renunciation is focused at your own suffering; it is to be tired of suffering yourself. Bodhicitta is a kind of renunciation focused at others' suffering as well; it is to be tired of seeing all beings suffer.**

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

**Because the wish for enlightenment involves a decision to reach enlightenment for oneself in order to help an unlimited number of other beings, the highest state of being that anyone can achieve, it creates the karma for one's entire future world to be totally pure.**



6. What is the first of the two methods for generating the wish for enlightenment, and list all the steps of that meditation.

**The first method for generating the wish for enlightenment is the “Seven Step Cause and Effect Method.” It involves first gaining a sense of equanimity regarding all beings and then 1) realizing that all beings have been your mother countless times; 2) recalling the kindness the mother of this life has shown you and then thinking that all beings have also shown you this kindness; 3) wishing to repay that kindness; 4) wishing that all mother-beings have the things that make them happy; 5) wishing that they be free from their suffering; 6) taking on responsibility for relieving them of suffering and bringing them to happiness; and 7) realizing that the only way to do this is to reach Buddhahood quickly (this step is the wish for enlightenment).**

7. What is the second of the two methods for generating the wish for enlightenment, and then give some of the main practices that are grouped under that method.

**The second of the two methods for generating the wish for enlightenment is “equalizing and exchanging self for others.” Included under this heading are the actual practice of equalizing and exchanging self for others as taught in Master Shantideva’s *Guide to the Bodhisattva’s Way of Life*, as well as practices such as “giving and taking with the breath” (*tong len*) and other of the *lojong* (“developing a good heart”) techniques.**