



The Asian Classics Institute



Diamond Mountain University

Name:
Date:
Location:
Track:
Grade:

IN-DEPTH COURSE III

Master Shantideva's Guide to the Bodhisattva's Way of Life Exchanging Self & Others

Homework, Class One

1) For this in-depth course on the practice of exchanging self and others from Master Shantideva's *Guide to the Bodhisattva's Way of Life*, we will be utilizing two important commentaries—one from ancient India, and another from Tibet. Name each of them, their author, and the authors' dates. (Sanskrit and Tibetan tracks, also add these languages, respectively.)

a)

b)

2) The practice of exchanging self and others has a sister practice. Name this practice, and then give four reasons why Master Shantideva teaches the two in the chapter that he does. (Sanskrit and Tibetan tracks also name the two practices in these languages.)

3) Describe how Master Prajnakara Mati speaks of which of these two sister practices comes first; then discuss this order a bit.

4) As Master Shantideva begins to explain what it means to treat oneself and others the same, the “other guy” makes the objection that we could never learn to think of all the many different kinds of living beings there are as being “me.” Explain how the Master counters this objection, quoting the appropriate verse. (Sanskrit and Tibetan tracks in these languages.)

5) Perhaps the most common objection to the idea that I should treat others as I treat myself is the idea that, since someone else's pain does not directly hurt me, then I must naturally find myself unable to care for them in the same way that I care for myself. How does Master Shantideva answer this objection?

6) State the logical proof that Master Shantideva presents to demonstrate that we must work to remove the suffering of others. (Tibetan and Sanskrit in these languages.)

Meditation assignment: 15 minutes per day, analytical meditation upon the analogy of the hands and feet.