



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 Two

1) Several verses here in the section on exchanging self and others contain a high spiritual principle which has been a cornerstone of the teachings of His Holiness the current Dalai Lama. State that principle.

2) Now give the two verses in which Master Shantideva originally expresses this principle. (Sanskrit and Tibetan track in these languages.)

3) At this point, the “other guy” returns again with the objection that, since other people’s pain doesn’t hurt me, then it’s not something that I have to stop. Master Shantideva first counters this objection with an idea about how we consider ourselves over time. Explain.

4) Master Shantideva then uses an argument based not on how we view ourselves over time, but rather as parts, in the present moment. Explain.

5) At this point in the verses, the “other guy” defends himself by saying that he takes care of “himself” in whichever way he happens to think of “himself.” How does this set him up for the practice of exchanging self and others?

6) Master Shantideva next says that, since “me” is like a string of beads, or an army, then there’s no sense in trying to take care of “me.” Explain his logic.

7) Explain what the words “that” and “it” in verse 101 here refer to.

8) Is there a difference between my pain and other people’s pain?

Meditation assignment: 15 minutes per day, think about His Holiness the Dalai Lama’s famous statement that—because I and other people (pick someone you actually know here) equally desire happiness and equally hope to avoid pain—then I should work to attain their happiness and remove their pain, just as much as I do my own. Be especially watchful for the automatic objections to this idea that arise in your mind.