



The Asian Classics Institute



Diamond Mountain University

Name:
Date:
Location:
Grade:

IN-DEPTH COURSE III

**Master Shantideva's Guide to the Bodhisattva's Way of Life
Exploring the Border Between You and Me**

Homework, Class Five: The Highest of Secret Practices

1) Quote the verse in which Master Shantideva describes the highest of all secret practices. (Sanskrit and Tibetan tracks in these languages also.)

2) Master Prajnyakara Mati clarifies this verse, saying that the words "highest of every secret practice" refer to the practice of exchanging oneself and others. He goes on to explain why we might want to keep the practice secret. Describe his position.

3) Master Shantideva describes our body as "the true enemy." In what sense is this true, and in what sense is it not?

4) Master Shantideva introduces here the problem of cherishing oneself, describing how we kill animals for example “in order to cure the illness of the body.” What is the difference between cherishing oneself and holding on to oneself as self-existent? Are they connected? (Sanskrit and Tibetan tracks, give the two words in these languages also.)

5) Cherishing oneself causes all of the lesser negative deeds that we do, and as Master Shantideva points out, can also cause some drastic negative deeds that might lead us to a birth in the realms of hell. Give the two examples of drastic negative deeds which he mentions.

6) Quote the famous verse about how we should think whenever any material benefit comes to us—say, for example, a paycheck.

7) This last verse, about deciding what to do with the money and things that come to us, is a good example of how the ancient Sanskrit texts were translated in different ways, by different Tibetan translators, many centuries ago. Explain.

8) Master Shantideva says that the karmic result of depriving others for our own desires is to suffer in lower births such as the hell realms. What does he list as the karmic result of depriving ourselves for the desires of others?

9) Master Shantideva says that “the desire to be better than others brings us lower births, lowness, and idiocy.” Explain the distinction between these three results.

10) Give, in English, the famous verse here about where the happiness and the pain of the world come from.

Meditation assignment: 15 minutes a day, meditation upon anonymous ways in which you can exchange yourself and others today.