



Diamond Mountain University

Depth Course 4: Setting Fire to Your Meditation

Homework One: The Key

1) List both the worldly and the spiritual reasons why we need to strive to perfect the art of meditation:

2) Name the primary source text that we will be working with, the author, and his dates (text name in Sanskrit, Tibetan, and English):

3) Describe the situation in which this book was written in Tibet:

4) What is the key that we need in order to quickly progress in our meditation (in Sanskrit or Tibetan, and English):

5) What are the eight limbs, and why are we studying them in a class on meditation:

6) What is the book we will be studying which leads us through these eight, and what is the name of the author:

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the line in your reading from the sutra *Inciting the Power of Faith*, which starts "When there is no form of pain...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.