



Diamond Mountain University

Depth Course 4: Setting Fire to Your Meditation

Answer Key Two: Opening Our Hearts

1) Give a personal example of someone you have seen demonstrating great compassion, explaining why it was great compassion:

[This must include an explanation of why the action was an act of great compassion, i.e. some kind of sacrifice of self-interest in order to bring themselves and others to enlightenment.]

2) How is pain useful to us?

[When we think either of others' pain or our own, we realize how undesirable this existence really is, and it gives us a sense of renunciation. This gives us a greater impetus to practice, and helps us get rid of the meaningless activities in our life, like running after objects of the senses, since we realize they cannot make us happy.]

3) Give one example in our human experience of each of the six realms:

[1. Hell realm: Someone is going to buy bread at a store in Jerusalem, and all of a sudden a bomb goes off and they are completely on fire. Or anyone's experience of dying.

2. Preta realm: Someone who is too poor to buy enough food, or lives in a place where food is scarce

3. Animal realm: People fighting and attacking each other. Or a woman walking alone at night.

4. Human realm: This is characterized by any act of trying to be happy but creating the causes for exactly the opposite.

5. Demi-God realm: People who live in luxury, who continue to search for the happiness that eludes them

6. God Realm: People who bury themselves in their work, or in their minds, not thinking at all about the miserable future that awaits them.]

4) Describe the three types of suffering:

[The first type is the suffering of suffering. This is just outright pain, either physical or emotional, like breaking an arm or getting a divorce.

The second type is the suffering of change. This is the fact that every good thing we have in our lives must come to an end, must die, and there's nothing we can do about it.

The third type is moment-to-moment suffering. This is our constant impetus to reach out for happiness in a mistaken way, to a mistaken object, with ignorance on a moment-to-moment basis, without a break. It can also be described as the fact that, because we live in ignorance this way, we have no control over our lives or our happiness.]

5) Which path does great compassion open the door to?

[The first path, the Path of Accumulation ཚོགས་ལམ། (tsok lam)]

6) List the ten pledges of self-control, and then explain how they fit into the six perfections:

[Not harming any living being, speaking the truth, not stealing, pure sexual conduct, not getting angry, joyful effort, love, sincerity, controlling food intake, and cleanliness.

The first four relate to perfection #2. The fifth is perfection #3. The sixth is perfection #4.]

Hypertext assignment: On the back side of this page, write out either the Tibetan or the Sanskrit script of the line in your reading which starts "And so now, look at all these beings..", and then write each English word underneath the corresponding Tibetan or Sanskrit word.

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[།དེ་ལྟར་ and so now, འགྲོ་བ་ beings ཐམས་ཅད་ all these ལྷུག་བསྐྱེད་ suffering གྱི་ of མེ་
ལྷུ་ flames རི་ by ལྷོང་བའི་ encircled ས་ place ཡིན་པར་བལྟས་ look at ལ། ཇི་ལྟར་ just as
བདག་ I ཉིད་ myself གྱི་ལྷུག་བསྐྱེད་ pain མི་ལྷུག་པ་ distasteful ལྟར་ (just as) གཞན་ others
དག་གི་ཡང་ so too དེ་དང་འདྲ་བ་ the same སེམས་ feel ཤིང་ and then, ཐམས་ཅད་ beings
ཐམས་ཅད་ all ལ་ for ལྷིང་བརྩེ་བ་ love ཁོ་ན་ exclusively བསྐྱོམ་པར་བྱ་ meditate ལྷེ།

तद् एवं and so now, सकलम् all एव these जगद् beings दुःखsuffering
अग्निज्वालावलीढम् flames इत्यवेत्य place encircled by यथा how मम I myself दुःखम्
pain अप्रियं distasteful तथ so too अन्येषाम् others अप्रियम् feel the same इति just as
चिन्तयता think about सर्वेष्व for all वैexclusively सत्त्वेषु beings कृप भावनीया
meditate ॥]