



Diamond Mountain University

Depth Course 4: Setting Fire to Your Meditation

Homework Seven: All the Way

1) What is the purpose of pranayama?

2) How does the breath relate to the thoughts?

3) What does the First Panchen Lama recommend as a meditation to practice in order to achieve a state of stillness (shamata), and give two reasons why:

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4) Name and describe the two paths of a bodhisattva, and how they relate to each other:

5) Describe the metaphor relating to consuming a poison:

6) When do you stop practicing bodhisattva activities, and simply concentrate on wisdom?

7) Describe what Lord Buddha comes and says to a bodhisattva who has reached the eighth level:

Hypertext assignment: On the back side of this page, write out either the Tibetan or the Sankrit script of the verse which starts "Method which lacks..", and then write each English word underneath the corresponding Tibetan or Sanskrit word.