



4) What does the *King of Concentration Sutra* mean when it says your mind will be overtaken, and why is that a good thing?

5) Describe how master Ngulchu Dharma Bhadra explains what technique we should use to reach stillness, and what we should use to reach extraordinary vision:

6) Why is Master Dharma Bhadra's method the ideal way?

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the sutra quotation which starts "Whether standing or sitting,...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.