



Diamond Mountain University

Depth Course 5: Setting Fire to Your Meditation, Part II

Homework Seven: Necessary Habits

1) Name the root source for the nine stages of meditation, list the seven stages, and explain how this list corresponds to the list of nine:

2) How does meditative concentration bring you every good quality up to Buddhahood itself?

3) How do we create the seeds to be able to control the mind?

4) Explain the correlation between effort and intention:

5) Describe the metaphor of a doctor and patient found in the *King of Concentration* sutra, and how it applies to us:

6) What does it mean when Master Kamalashila tells us we must let go of conscious thought as the last meditation antidote?

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