



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Grade: \_\_\_\_\_

## CULTIVATING JOYFUL EFFORT

### ANSWER KEY FOR CLASS ONE

1. Give the Sanskrit and English for the other five of the “perfections” and discuss how joyful efforts relates to them.

**The other five perfections are generosity (*dana*), ethical living (*shila*), patience (*kshanti*), meditative concentration (*dhyana*), and wisdom (*prajna*). Joyful effort is necessary for the cultivation of all of them, and so is included both in the perfections that are categorized as helping with the collection of merit (generosity, ethical living, and patience) as well as those pertaining to the collection of wisdom (meditative concentration and wisdom).**

2. What are the specific “enemies” that joyful effort helps defeat?

**They are the “mental afflictions” or *kleshas*. Master Shantideva specifically mentions anger (or ignorant disliking) and pride. Other principal mental afflictions include ignorant liking, doubt, and ignorance itself.**

3. What proof does Master Shantideva give that we are quite capable of exerting ourselves with great efforts when we choose to.

**He notes that in war, but also in everyday activities like our job, we endure all kinds of hardships for relatively unimportant purposes. Why should we not exert ourselves at least as much for our own and others’ ultimate happiness?**



4. What, according to Master Shantideva, is the relation between bodhicitta and joyful effort?

**Master Shantideva writes:**

**You have pledged yourself to free all living beings  
In the ten different directions from their mental afflictions.  
At the same time you have failed to free you yourself  
From your own mental afflictions.  
Are you not some kind of madman then,  
To say so while you've failed to judge your own level? (7.41-42)**

5. What sort of attitude does Master Shantideva say we should take toward our mental afflictions?

**We should “hate them” and “make war on them.” We should not tolerate them or foolishly be patient with themselves, thinking somehow that they are anything other than our worst enemy whose only goal is to bring about our unhappiness and suffering.**

6. Is feeling anger at one’s mental afflictions itself a mental affliction?

**No. A mental affliction when used to destroy a mental affliction is not regarded as a mental affliction. As Gyalsab Je says in his commentary, “These kinds of attitudes – of being attached to the antidotes for mental affliction, and of hating the mental afflictions we are trying to eliminate – are themselves only apparent mental afflictions. Because they are included on the antidote side – that is, because they are part of what acts to destroy the mental afflictions – they are not counted among the objects which we seek to eliminate from our minds.”**

7. Provide from memory the definition of joyful effort as it is given at the beginning of the seventh chapter of the GUIDE TO THE BODHISATTVA’S WAY OF LIFE.

**“What is effort? It is joy in doing good.”**

8. What three things does Master Shantideva mention work against the cultivation of joyful effort?

**Laziness, an attraction to what is bad, and the feeling of being discouraged or belittling yourself.**