



Name: _____

Date: _____

Grade: _____

CULTIVATING JOYFUL EFFORT

HOMEWORK FOR CLASS TWO

1. What causes laziness, and what is one of the consequences of it?

According the Guide, laziness is caused by “sloth” and “a craving for time spent sleeping.” This then leads to a failure to understand the true nature of this kind of life and prevents us from generating a sense of disgust for *samsara* and a desire to get out of suffering.

2. What does Master Shantideva recommend as an antidote for laziness?

A constant awareness of our impending death will serve as a instigator to overcome our laziness.

3. What keeps us in this suffering world?

Ignorance about the true nature of things, and the mental afflictions that are rooted in this ignorance, are the reasons we are “entrapped in rebirth” and therefore are always “in the jaws of death.”

4. Name the three main parts of a death awareness meditation.

1. Meditating on the fact that we must die -- that we are mortal; 2. realizing that we have no idea when our death will come – the time of death is unfixed; and 3. meditating on what will and will not help us when we die.

5. What three resolutions derive from a death awareness meditation?

1. In light of the fact that we will die, we must make our spiritual practice the most important thing in our lives; 2. in light of the fact that we do not know when we will die, we must make our spiritual practice an urgent priority in our lives; and 3. in light of the fact that nothing other than our spiritual practice will be of any help or use to us when we die, we resolve to make it the only really important thing in our lives.



6. Is it possible to avoid death? How?

The Buddha taught a method that would allow us to escape our suffering, defined as “birth, sickness, old age, and death.” In the Heart Sutra, the Buddha clearly says that death does not exist as a hard-wired part of reality, but rather exists only dependently. If we, through hard work and joyful effort, change the causes that bring us death, we can achieve a deathless state of pure happiness.

Meditation assignment: 15 minutes a day on the three main steps and three resolutions of a death awareness meditation.

Meditation dates and times: