DIAMOND MOUNTAIN UNIVERSITY

Name: _____
Date: _____
Grade: _____

CULTIVATING JOYFUL EFFORT

HOMEWORK FOR CLASS ONE

1. Name the other five of the "perfections" and discuss how joyful efforts relates to them.

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

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

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

HOMEWORK FOR CLASS ONE, cont.

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

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

7. Give 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.

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

Meditation assignment: 15 minutes a day on the purposes of developing joyful effort.

Meditation dates and times: