DIAMOND MOUNTAIN

DIAMOND MOUNTAIN UNIVERSITY

Name: _____
Date: _____
Grade: _____

CULTIVATING JOYFUL EFFORT

HOMEWORK FOR CLASS FOUR

1. How does Master Shantideva say it will be possible for us to eventually reach a state of mind where we can happily give away even our own bodies if necessary? And what is the general point regarding our practice that is touched upon here?

2. What are the causes for physical well-being, on the one hand, and mental happiness on the other.

3. What is the cause of the destruction of "all depression and weariness"?

4. Name the four forces used to smash the things that work against the joyful effort aimed at helping all living beings.

5. What three things is often meant by "confidence" (in Sanskrit, ***mana*** or ***shraddha***)?

6. How long should one be prepared to work for the destruction of one's negative actions "for my own sake and for others."

7. How can one achieve the one's own goals and the goals of others?

8. How does Master Shantideva characterize the fact that we have obtained this kind of life?

Meditation assignment: 15 minutes a day thinking about what the wish for enlightenment or ***bodhicitta*** really would entail, and how you could increase the "powers" of will, steadfastness, joy, and leaving off in your own life.

Meditation dates and times: