DIAMOND MOUNTAIN UNIVERSITY

Name: _____
Date: _____
Grade: _____

CULTIVATING JOYFUL EFFORT

HOMEWORK FOR CLASS SIX

1. In the Guide (7.49), Master Shantideva says we should use self-confidence to increase our joyful effort in our battles to overcome our mental afflictions. Name the six main mental afflictions and the twenty secondary ones.

2. Give some examples of how unhealthy pride might get in the way of one's spiritual practice.

3. Relate and explain the metaphor of the crow, the snake, and the garuda.

4. What is the difference between "pride" and "confidence" according to Gyaltsab Je, the Tibetan commentator on the GUIDE?

5. List the problems associated with "bad" pride, which Master Shantideva cautions us to avoid as we build up our positive feelings of "good" pride or self-confidence in our practice.

6. What does Master Shantideva say we can do, if we have "real self-confidence", with pride?

Meditation assignment: 15 minutes a day thinking about your own worst mental affliction and how you can start diminishing its force in your own life.

Meditation dates and times: