DIAMOND MOUNTAIN UNIVERSITY

Name: _____
Date: _____
Grade: _____

CULTIVATING JOYFUL EFFORT

HOMEWORK FOR CLASS EIGHT

1. What does Master Shantideva advise us to do if we grow weary due to our hard work for spiritual goals, and what are some practical measures we can take to carry out Master Shantideva's advice?

2. List the components that should be included in the daily spiritual practice of every serious practitioner.

3. What is the weapon we should use to combat our mental afflictions, and what should we remember if that weapon should somehow slip away?

4. What reasoning does Master Shantideva use to prove that we are capable of watching our minds closely and keeping them away from anger and the like?

5. What should we do when we fail in our spiritual practice?

6. What are the "four forces" of purification that we can use to cleanse ourselves of negative karma?

7. What is one of the best antidotes or compensatory activities for any kind of spiritual misdeed or failure, and why?

8. Master Shantideva recommends "mindfulness" and "self-vigilance" as the main methods to protect ourselves against losing focus and becoming forgetful about what we should be doing with our lives. What kinds of practices help us stay in the "here and now"?

9. Name the two kinds of "supernatural powers" one can develop through the steady cultivation of joyful effort and resolve in one's spiritual practice. Where do such powers really come from?

Meditation assignment: 15 minutes a day on constructing a schedule for ourselves that includes all the components of a daily spiritual life and one day off a week for rest and restoration.

Meditation dates and times: