



Name: _____

Date: _____

Grade: _____

CULTIVATING JOYFUL EFFORT

QUIZ 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 is the cause of the destruction of “all depression and weariness”?
3. Name the four forces used to smash the things that work against the joyful effort aimed at helping all living beings.
4. How can one achieve the one’s own goals and the goals of others?