DIAMOND MOUNTAIN UNIVERSITY

Name: _____
Date: _____
Grade: _____

CULTIVATING JOYFUL EFFORT

QUIZ 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 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?

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