



The Asian Classics Institute



Diamond Mountain University

Name:
Date:
Location:
Track:
Grade:

IN-DEPTH COURSE II

Master Shantideva's Guide to the Bodhisattva's Way of Life

The Chapter on Killing Anger

Homework, Class Two

1) In discussing the actual methods for stopping anger, Master Shantideva first identifies the immediate condition that allows anger to occur. Name this condition.

2) There is one verse from the Patience Chapter which advises us how to stop this immediate cause of anger. It is perhaps the most famous verse from the chapter, and is often quoted by His Holiness the Dalai Lama. Give the entire verse. (Sanskrit and Tibetan tracks give in **both** English and your track language.)

3) Name the two most general objects towards which we feel anger.

4) The section of Master Shantideva's text covered in this second class is devoted to the first of the three types of patience. Name it, and state how it's described in Geshe Drolungpa's famous work, *The Great Book on the Steps of the Teaching (Tenrim Chenmo)*. (Tibetan track name in Tibetan.)

5) There are two lines (half a verse) from the text which describe *why* we can learn to deal with progressively greater types of pain. Quote the lines, and then discuss briefly whether these words directly reflect the ultimate goal of the worldview of Lord Buddha. (Tibetan and Sanskrit tracks include both that and the English.)

6) Relate the example that Master Shantideva uses to show how our ability to endure suffering—that is, to be patient—depends greatly upon our state of mind: our will power.

7) What comforting advice does Master Shantideva give about trouble or obstacles that arise during our attempts to improve our minds?

8) Name four good things about the suffering that we go through every day.

a)

b)

c)

d)

Meditation assignment: 15 minutes a day, comparing this first kind of patience to the type of patience which is based on worldview. Feel free to use an actual person who irritates you as the basis of comparison for the two approaches.