



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 Seven

1) After discussing antidotes to the anger we feel when others hurt us or those close to us, Master Shantideva continues on to discuss the anger we feel when others help or praise people that we don't like. In essence then he is equating two of our most popular mental afflictions. Name them.

2) Describe the quite painless method that Master Shantideva gives, at the very beginning of this class reading, for dealing with the anger we feel when someone praises a person that we don't like. For good measure, also mention the very specific positive result that coping with anger this way can have.

3) Describe the immediate and also karmic result of wishing against the happiness of others.

4) As aspiring bodhisattvas, we have committed ourselves to see everyone in the universe become enlightened. To then feel envy or displeasure when someone else is praised or presented with things is especially incongruous. Explain this in terms of cosmic geography.

5) Sometimes we tend to rejoice in the good things that happen to others only if somehow we can ourselves control or take credit for the process. Relate the metaphor that Master Shantideva uses to describe why we should be happy when another person can find something good all on their own.

6) What is perhaps the most serious negative result of wishing against the happiness of other people? In your answer, include the two lines from the reading which are most *relevant*. (Sanskrit and Tibetan tracks answer in these languages.)

7) In what sense is it the same whether someone we don't like receives some kind of praise and gain, or whether the person honoring them instead keeps the praise or whatever to themselves?

8) Who is it that we should really be displeased with when we feel envy over another person's success?

9) What is the appropriate train of thought to follow, as far as thinking about good karma and bad karma, when we begin to feel envy over someone else's success?

10) Name three reasons not to feel glad when people we don't like are thwarted in some way.

(1)

(2)

(3)

11) Quote the two lines near the end of our reading for this class which describe how useless it is for us when someone we don't like doesn't get what they want.

Meditation assignment: 15 minutes a day in analytical meditation, simplify trying to *catch yourself* hoping that someone you don't particularly like doesn't get what they want.