

1. List the five objects of homage.

2. Who wrote *Lamp on the Path* and
what year was he born?

3. What are the four outlines of the
lam-rim?

4. “...the present instructions are the ones that the venerable protector Maitreya gives in his_____”

5. By what age had Atisha studied the four areas of knowledge common to Buddhists and non-Buddhists?

6. What secret mantra name was Atisha given at the Temple of the Black Mountain?

7. List the three types of vowels.

8. How many years did Atisha spend
in Tibet?

9. What is the purpose of showing
the greatness of the teaching?

10. What are the four greatnesses of
the teaching?

11. What happens when the first
two greatnesses are realised?

12. As it says in *Treasury of Manifest Knowledge* (Abhidharmakośa):
The Buddha's teachings have two aspects. What are they?

13. Complete the quote:

Through listening you come to know the dharmas,
Through listening _____,
Through listening all trivia are abandoned,
Through listening nirvana is achieved.

14. List the three faults of a vessel.

15. What does *higher* mean in the
three higher trainings?

16. Complete this list

- (1) Sutra Basket mainly higher training of concentration.
 - (2) _____ Basket mainly higher training of wisdom
 - (3) _____ Basket mainly higher training of _____
-

17. List the six discriminations of
how to listen.

18. The discrimination of oneself as someone ill is very important. Why?

19. Why do we need a guru?

20. List the four qualities that the teacher needs for taking care of others.

21. In the qualities of a student, what does being partial/biased mean?

22. What does having faith in the
guru mean?

23. What are the two ways of relying
on the guru in thought?

24. Who was Atisha's main guru?

25. How do you train in guru
devotion?

26. Of the three ways of relying on the guru in actions, which is the most important?

27. List one of the many benefits of correctly relying on the guru.

28. The actual way to sustain meditation
has two outlines, what are they?

29. List the 6 preparatory practices.

30. What are the seven limbs?

31. What are unsurpassable offerings?

32. Who are the five persons to
rejoice about?

33. How to meditate in the beginning:

“Moreover, if your sessions are long in the beginning, it is easy to fall under the power of _____ and _____.”

34. Which of these is not a cause for calm abiding and special insight?

- (1) Controlling the sense doors
- (2) Introspective behaviour
- (3) Knowing the right measure of food
- (4) Exerting yourself in yoga with sleeping, and what to do when lying down to sleep

35. What is mindfulness?

36. Mainly the lamrim is
placement meditation. True or false?

37. For analytical meditations, minds of
(1) great strength and the ability to (2)
subdue the mind for (3) _____ are
necessary?

38. List an antidote to any of the
following:

- (1) Attachment
 - (2) Anger
 - (3) Jealousy
 - (4) Pride
-

39. List the four buddha bodies?

1. List the five objects of homage.

(1) Buddha (2) Maitreya (3) Manjushri (4) Nagarjuna (5) Asanga

2. Who wrote *Lamp on the Path* and
what year was he born?

Atisha

982 CE

3. What are the four outlines of the lam-rim?

- 1) Greatness of the author
- 2) Greatness of the teaching
- 3) How the teaching should be listened to and explained
- 4) How to guide students on the path

4. “...the present instructions are the ones that the venerable protector Maitreya gives in his_____”

Ornament for Clear Realisations

5. By what age had Atisha studied the four areas of knowledge common to Buddhists and non-Buddhists?

6. What secret mantra name was Atisha
given at the Temple of the Black
Mountain?

Jñānaguhyavajra

7. List the three types of vows.

- (1) Pratimoksha
- (2) Bodhisattva
- (3) Tantric

8. How many years did Atisha spend
in Tibet?

9. What is the purpose of showing the greatness of the teaching?

To generate respect for the instructions.

10. What are the four greatnesses of the teaching?

- 1 The greatness of recognizing all the teachings as being non-contradictory
- 2 The greatness of all the Buddha's teachings occurring to you as instructions
- 3 The greatness of allowing you to easily discover the Victor's intentions
- 4 The greatness of a great misdeed stopping by itself]

11. What happens when the first two greatnesses are realised?

The grave misdeed stops automatically.

12. As it says in *Treasury of Manifest Knowledge* (Abhidharmakośa):
The Buddha's teachings have two aspects. What are they?

scripture and realization

13. Complete the quote:

Through listening you come to know the dharmas,
Through listening misdeeds are turned away,
Through listening all trivia are abandoned,
Through listening nirvana is achieved.

14. List the three faults of a vessel.

(1) Upside (2) dirty (3) broken

15. What does *higher* mean in the *three higher trainings*?

The three trainings are higher because they are connected with going for refuge to the Buddha, Dharma & Sangha.

16. Complete this list

- (1) Sutra Basket mainly higher training of concentration.
 - (2) **Abhidharma** Basket mainly higher training of wisdom
 - (3) **Vinaya** Basket mainly higher training of **ethics**
-

17. List the six discriminations of how to listen.

- (1) Contemplating the discrimination of oneself as a patient
- (2) Contemplating the discrimination of the one expounding the Dharma as a doctor
- (3) Generating the discrimination of the instructions as medicine
- (4) Generating the discrimination of persistent practice as the cure
- (5) Contemplating the discrimination of the tathāgatas as exalted beings
- (6) Generating the wish for the Dharma tradition to last long

18. The discrimination of oneself as someone ill is very important. Why?

If it is present, the other ones will also arise.

19. Why do we need a guru?

...all goodness, starting from the development of a single positive quality and the decrease of a single fault in the mind of the disciple, has its root in the sublime friend...pg.18

20. List the four qualities that the teacher needs for taking care of others.

(1) effort (2) eloquent (3) loving (4) never disheartened

21. In the qualities of a student, what does being partial/biased mean?

To be biased means to be attached to one's own approach and to hate others' approach

22. What does having faith in the
guru mean?

Conviction that they are a buddha.

23. What are the two ways of relying
on the guru in thought?

- (1) The root, training in faith
- (2) By remembering their kindness, generating respect.

24. Who was Atisha's main guru?

The Master Serlingpa.

25. How do you train in guru devotion?

Only focus on the qualities, and not to look for faults in the guru.

26. Of the three ways of relying on the guru in actions, which is the most important?

(3) Putting into practice their advice.

27. List one of the many benefits of correctly relying on the guru.

...you will approach the state of a buddha, that the Victors will rejoice, that you will not be deprived of virtuous spiritual friends, that you will not fall to the lower realms, and that you will not easily succumb to bad karma and afflictions...

28. The actual way to sustain meditation has two outlines, what are they?

- (1) What to do during the meditation session itself
- (2) What to do during the periods between sessions

29. List the 6 preparatory practices.

- 1 Cleaning your dwelling and arranging representations of the exalted body, speech, and mind
- 2 Laying out offerings
- 3 Sitting posture and mental attitude
- 4 Visualization of the merit field
- 5 Accumulation of merit and purification of negativities
- 6 Mandala offering and request for blessings

30. What are the seven limbs?

- (1) Prostration
- (2) Offerings
- (3) Confession of negativities
- (4) Rejoicing
- (5) Requesting the wheel of Dharma to be turned
- (6) Supplication to not pass into parinirvana
- (7) Dedication

31. What are unsurpassable offerings?

...everything good that is emanated by powerful beings such as bodhisattvas...

32. Who are the five persons to rejoice about?

- (1) all the Victors of the ten directions
- (2) The buddhas' children (3) and the solitary realizers,
- (4) The learners and no-more-learners, and
- (5) Of each and every migrating being, I rejoice

33. How to meditate in the beginning:

“Moreover, if your sessions are long in the beginning, it is easy to fall under the power of **laxity** and **excitement**.”

34. Which of these is not a cause for calm abiding and special insight?

- (1) Controlling the sense doors
- (2) Introspective behaviour
- (3) Knowing the right measure of food
- (4) Exerting yourself in yoga with sleeping, and what to do when lying down to sleep

(4) Exerting yourself in yoga without sleeping, and what to do when lying down to sleep

35. What is mindfulness?

The ability of the mind to hold an object. Also translated as recollection.

36. Mainly the lamrim is
placement meditation. True or false?

false

37. For analytical meditations, minds of
(1) great strength and the ability to (2)
subdue the mind for (3) a long time are
necessary?

38. List an antidote to any of the following:

- (1) Attachment
- (2) Anger
- (3) Jealousy
- (4) Pride

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- (1) Meditate on the ugliness, impermanence, or how things are in the nature of suffering
 - (2) Love and compassion
 - (3) Thinking “others also need these good things” rejoicing
 - (4) Reflect on the negative things you have done, how many afflictions you have, how much over-conceptualisation you have

39. List the four buddha bodies?

- (1) Nature Truth Body
- (2) Wisdom Truth Body
- (3) Enjoyment Body
- (4) Emanation Body