



Name:
Date:
Grade:

Quiz, Class One

1) List the five parts for our study of the practice of meditation.

a)

b)

c)

d)

e)

2) List just the names of the six preliminaries that should be performed before a meditation session. Be careful not to confuse them with the "seven ingredients" that we will study in the next class. (Tibetan track students answer in Tibetan.)

a)

b)

c)

d)

e)

f)



Name:
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Quiz, Class Two

1) Who wrote the text that we are studying for the six preliminaries and the seven ingredients used in preparing for a meditation session? What are his dates? What is the text called? (Tibetan track students answer in Tibetan.)

2) What are the seven ingredients? (Tibetan track students answer in Tibetan.)

a)

b)

c)

d)

e)

f)

g)

3) These seven are part of which of the six preliminaries? Which of them act to gather the power of goodness, and how many to clean away obstacles for a successful meditation?

4) What work will we be using for the practice of the seven ingredients?



Name:
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Quiz, Class Three

1) Name the six conditions that must be gathered together for meditation. Do not confuse these with the six preliminaries. (Tibetan track answer in Tibetan.)

a)

b)

c)

d)

e)

f)

2) What is an important source for the teaching on few wants, and easy satisfaction? Who wrote it, and when?



Name:
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Quiz, Class Four

1) Briefly describe the eight characteristics of correct meditation posture. (Tibetan track students also give Tibetan for each.)

a)

b)

c)

d)

e)

f)

g)

h)



Name:
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Quiz, Class Five

1) Name the first of the five problems of meditation. Which four of the eight corrections are used to counteract it? (Tibetan track answer in Tibetan.)

a) *problem:*

b) *four corrections:*

(1)

(2)

(3)

(4)

2) Name the third of the five problems of meditation. What is its correction? (Tibetan track in Tibetan.)

3) Explain the difference between gross and subtle dullness of meditation. (Tibetan track name the two in Tibetan, and explain in English.)



Name:
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Quiz, Class Six

1) What is the fourth of the five problems of meditation? How do you know it has occurred? (Tibetan track give the name for the problem in Tibetan.)

2) What is the correction for this fourth problem? (Tibetan track in Tibetan.)

3) This correction can come in two different forms. Name them.

a)

b)

4) What is the fifth and final problem of meditation? What is its correction? (Tibetan track in Tibetan.)



Name:
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Quiz, Class Seven

1) Name and describe the nine states of meditation. (Tibetan track give the names in Tibetan and describe in English.)

a)

b)

c)

d)

e)

f)

g)

h)

i)



Name:
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Quiz, Class Eight

1) Name three different types of meditation. (Tibetan track in Tibetan.)

a)

b)

c)

2) Give the meaning of the word "lam-rim." Where does the name come from?

3) Which of the five great texts, and the different levels of secret practice, are contained in this text?

4) Name the four major parts of this lam-rim. (Tibetan track in Tibetan.)

a)

b)

c)

d)



Name:
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Quiz, Class Nine

1) The first part of the lam-rim ("steps of the path") we are studying concerned how to take a Lama. The second part concerns how to practice once one has taken a Lama. What are the two parts of how to do this practice? (Tibetan track in Tibetan.)

- a)
- b)

2) Name the three parts to the subject of taking the essence of this life. (Tibetan track in Tibetan.)

- a)
- b)
- c)

3) What are the three principles of the death meditation? (Tibetan track in Tibetan.)

- a)
- b)
- c)

4) Name the four laws of karma. (Tibetan track in Tibetan.)

- a)
- b)
- c)
- d)

