



PRACTICE IV
The Seven Point Practice for
Developing a Good Heart (*Lojong*)

Name:
Date:
Grade:

Homework, Class One

1) Who was the first person to openly teach the *lojong* known *Seven-Step Practice for Developing a Good Heart*? Remember to give his full name, and also his dates. (Tibetan track give his name and title of the text in Tibetan.)

2) Why was this practice not taught openly for so many centuries?

3) State the three resolutions that we should make after meditating on our death.

a)

b)

c)

4) List the six sufferings of a human life.

a)

b)

c)

d)

e)

f)



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Name:
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Homework, Class Two

1) Describe the seven preliminary steps which help to prepare your mind for meditation.

a)

b)

c)

d)

e)

f)

g)

2) Explain the meaning of the line from the root text which says, "Learn to see all things as a dream."

3) Explain the two steps of the practice of giving and taking. (Tibetan track give the name of this practice in Tibetan.)

a)

b)

4) What are the "the three objects, three poisons, and three stores of virtue"?



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Name:
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Homework, Class Three

1) Explain the following two lines from the root text:

The blame all belongs to only one person.
Practice seeing them all full of kindness.

2) The text states that, "Emptiness is the matchless protector." How does emptiness protect you?

3) The root text says, "On the spot, turn all that happens to practice." Explain how you could do this in your daily life.



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Homework, Class Four

1) Geshe Chekawa says that "the brief essentials of the instruction are combined within five powers." Name these five powers, and explain them briefly. (Tibetan track name in Tibetan and explain in English.)

a)

b)

c)

d)

e)

2) This text then goes on to teach how to use these same five powers at the point of death. Explain how to use each of these five powers as you die.

a)

b)

c)

d)

e)

3) What were the words that Geshe Chekawa blurted out as he lay near death?



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Name:
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Homework, Class Five

1) Explain, one by one, these four lines of the root text:

All Dharma comes down to a single point.
There are two judges; keep the main one.
Be joy alone, in an unbroken stream.
It's there when you can keep it unthinking.

2) Explain the meaning of the line, "Change your mind and stay the same."

3) What does the text mean when it says to forget repaying criticism?



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Name:
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Homework, Class Six

1) The line of the root text which says, "Don't get it backwards" refers to six types of behavior. Describe each of them briefly.

a)

b)

c)

d)

e)

f)

2) What does the root text mean when it says, "Figure out both and free yourself"?

3) What does the root text mean when it says, "Stop thinking about how wonderful you are"?

4) What does the root text mean when it says, "Don't expect any thanks"?