



PRACTICE V
Death and the End of Death

Name:
Date:
Grade:

Homework, Class One

1) Name the four steps in the contemplation of death. (Tibetan track in Tibetan.)

a)

b)

c)

d)

2) Describe the awareness of death which is *not* the one which we seek to develop through meditation.

3) Describe the awareness of death which is the one which we seek to develop through meditation.

4) Name the three principles for meditating on death. (Tibetan track in Tibetan.)

a)

b)

c)

Meditation assignment: 15 minutes of analytical meditation, alternating between the awareness of death that we *do not* seek to develop and the awareness we *do* seek to develop, noticing the differences between the two.

Meditation dates and times (must be filled in, or homework will not be accepted):



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Homework, Class Two

1) Describe the three reasons for the certainty of death.

a)

b)

c)

2) Name the three reasons behind the second principle of death meditation: contemplating that there is no certainty when we will die. (Tibetan track in Tibetan.)

a)

b)

c)

Meditation assignment: 15 minutes per day, analytical meditation on how many of the things around you in your life can kill you, and how many keep you alive.

Meditation dates and times (must be filled in, or homework will not be accepted):



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Homework, Class Three

1) Name the three reasons behind the third principle of death meditation: contemplating that, when you do die, nothing but the Dharma can be of the least help to you. (Tibetan track in Tibetan.)

a)

b)

c)

2) State the three resolutions that we should make after understanding the nine reasons for the three principles.

a)

b)

c)

Meditation assignment: 15 minutes per day, analytical meditation on what actions you could take now to have the right people around you when you die, and be thinking the thoughts you need to then.

Meditation dates and times (must be filled in, or homework will not be accepted):



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Homework, Class Four

1) Master Shantideva describes the joys of living in forest solitude, and then urges us to spend our time there in the woods, in gentle walks and thoughts of helping others through developing the wish for enlightenment. What method does Master Shantideva recommend first for meditating upon this wish? (Tibetan track in Tibetan.)

2) Relate and explain the metaphor that Master Shantideva uses to counter the objection that we could never learn to think of all the different kinds of beings as "me."

3) How does Master Shantideva address the objection that we could never learn to treat ourselves and others exactly the same, since their pain does not hurt us, and our pain does not hurt them?

4) What are the two very famous reasons that Master Shantideva gives to show that it is very wrong for us to work to get happiness only for ourselves, and remove only our own suffering? (Tibetan track in Tibetan.)

Meditation assignment: 15 minutes per day, practicing the three meditations of the Exchange.

Meditation dates and times (must be filled in, or homework will not be accepted):



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Homework, Class Five

1) In this latter section of the chapter, Master Shantideva gives another argument why it is wrong to say that we don't have to protect others from pain since we cannot feel their pain ourselves. Relate this argument.

2) Master Shantideva does not accept the argument that we care for different parts of ourselves because they exist in these two senses. Why?

3) What reason does Master Shantideva give for saying that, eventually, we won't think of working for others as anything amazing, nor feel any conceit for doing so. (Tibetan track in Tibetan.)

4) Write and memorize the two verses in which Master Shantideva identifies the sources of all pain and all happiness in the world.

5) Describe how the Consequence section of the Middle-Way School explains what is happening when three different beings sitting around of glass of liquid see it as being three different things. Use the concept of three parts, three material causes, and three contributing factors.

Meditation assignment: 15 minutes per day, meditation on the emptiness of the pen/
chewable-object, thinking how it applies to reaching
deathlessness.

Meditation dates and times (must be filled in, or homework will not be accepted):