



PRACTICE V  
Death and the End of Death

Name:
Date:
Grade:

*Quiz, Class One*

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

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



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*Quiz, Class Two*

1) 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)



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*Quiz, Class Three*

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

a)

b)

c)



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*Quiz, 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) 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?

3) 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.)



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*Quiz, 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.