



PRACTICE VI

The Four Powers:

How to Get Rid of Your Old Bad Karma

*Homework, Class One*

1) Name the original source of the teaching on the four powers; give its author, and his dates. (Tibetan track in Tibetan.)

2) Name the four powers, following the order of the original source. (Tibetan track in Tibetan.)

a)

b)

c)

d)

3) *The Diamond-Cutter Sutra* is one of the most important sources used to prove that the four powers really can remove your old bad karma. What does it mean when this sutra says that you can remove even karma which is "committed and collected"?

4) How does Pabongka Rinpoche describe the karma of killing an insect, when this karma is left in the mind stream without purification for the length of 15 days?



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*Homework, Class Two*

1) The order of the actual practice of the four powers is not the same as the order in the original source. Which power comes first in the order of practice?

2) What are the two practices included in the power of the foundation? (Tibetan track in Tibetan.)

a)

b)

3) Give two reasons for the word "foundation" in the name of the power of the foundation.

4) The Indian master Abhaya Karagupta, some 500 years before Buddhism reached Tibet, described why a very special form of the Wish for enlightenment is effective in the power of the foundation. Name this form of the Wish, and explain why it's effective. (Tibetan track name in Tibetan and explain in English.)

5) How does Lord Buddha describe the future of anyone who has committed extremely bad deeds, but who begins to understand emptiness fairly well?

6) What is the basic nature of the "power of destruction"?



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*Homework, Class Three*

1) Which is the most important of the four powers, and why?

2) What are the "three spheres" in the case where you have yelled back at your boss after he or she yelled at you? (Tibetan track name the three spheres in Tibetan, and then explain in English.)

3) List the six traditional forms of the power of the antidote. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)



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*Homework, Class Four*

1) Name an important source for the teaching on the power of stopping, and summarize what it says. (Tibetan track name in Tibetan and summarize in English.)

2) What does this source say would be a result of stopping in this particular way? (Tibetan track in Tibetan.)

3) Je Tsongkapa advises us to "be like Katyayana," if we need to be, in following the practice of the power of stopping. Explain this reference.



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*Homework, Class Five*

1) Name the four karmic results of a bad deed such as killing, and after each one mention which of the four powers is most important for removing it. (Tibetan track give the name of the karmic result in Tibetan, and the rest in English.)

a)

b)

c)

d)

2) Name four of the factors mentioned by the first Changkya Rinpoche (who lived 1642-1714 and who was a former life of Pabongka Rinpoche) and by Pabongka Rinpoche that determine the relative success of your attempts to purify yourself of your old bad karma.

a)

b)

c)

d)

3) What example does this Rinpoche give to support the idea that we can "short-circuit" our bad karmas so that they fail to ever give their expected results?

4) Relate the example of the water and salt.