



PRACTICE VI  
The Four Powers:  
How to Get Rid of Your Old Bad Karma

*Quiz, Class One*

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

a)

b)

c)

d)

2) 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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*Quiz, Class Two*

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

a)

b)

2) 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.)

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



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*Quiz, Class Three*

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

2) 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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*Quiz, 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.)



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*Quiz, 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)