

Jamyang London - Basic Programme

Stages of the Path 1

Assessment Questions

June 2021

Instructions

- Maximum words 300 per answer.
- **Read all the questions first** and take your time (2.5 weeks) to answer all the questions. You can refer to the textbook or your notes if you need to.
- Deadline to submit your answers is Wednesday 30 June 2021.
- Watch this video on 'How to Submit Your Assessment Paper on LearnDash'.

All the best!! Om Tara Tuttare Ture Svaha...

Assessment Questions

1. Introduction to the Lam Rim and Reliance on the Teacher.

1A. In the text, the Lam Rim is explained as having the 'greatness' of showing that the teachings are free from contradiction. What does this mean and what would be an example of an apparent contradiction in the teachings that an understanding of Lam Rim would help resolve? What are the other three greatnesses?

1B. What are the qualities we are urged to look for in a qualified teacher and what characteristics can we develop to be a qualified student?

2. Precious Human Rebirth, Impermanence, Lower Rebirth

2A. What are the ten endowments of a Precious Human Rebirth and how are these divided into two categories? Why do we call this 'precious' – does it mean sentient beings in other states of rebirth are inferior to us?

2B. With respect to how one should meditate on mindfulness of death, please give the three root thoughts, the three reasons that support each of them, and the three determinations that one should reach. Is there a risk of becoming depressed by continually thinking about death?

2C. What are the three lower realms and why is uncontrolled rebirth in them a problem? If thinking about lower realms gives rise to fear, isn't this an obstacle to our practice?

3. Refuge & Karma

3A. Why is the Dharma jewel considered to be the 'actual' refuge? If this is so, why do we then also take refuge in the Buddha and Sangha?

3B. According to the first of the four general characteristics of karma, that karma is definite: non-virtue results in suffering and virtue results in happiness. Does this mean karma is punishment and reward? What are the other three general characteristics of karma?

4. Four Noble Truths & Suffering of Samsara

4A. Why is the truth of suffering stated first and the truth of origin second, with the effect presented before the cause? How do the four noble truths relate to the causes for taking refuge in the three jewels according to the middling scope?

4B. List and explain briefly the three types of suffering. What is the purpose of thinking about suffering?

5. Bodhicitta

5A. What are some of the advantages of cherishing others and the disadvantages of cherishing only oneself? Do you think there is a conflict in motivating ourselves using 'selfish' reasons such as thinking of the benefits of cherishing others?

5B. What is equanimity and why do we need to train in this as a preliminary? What is the difference between equanimity and indifference?

6. Six perfections

6A. What are the three types of generosity?

6B. Does a Bodhisattva have to eliminate the poverty of all sentient beings in order for him or her to complete the perfection of generosity?