**Basic Program, Jamyang Buddhist Centre,**

**By Geshe Tenzin Namdak**

**Lam Rim, 6-7 November 2021**

**Discussion Questions**

These questions can be discussed during the Sunday discussion session on the actual teaching weekend and can also be used during the review session with the teaching assistants and their cohorts.

1. a. What is the nature of calm abiding?

b. What is the nature of special insight?

c. Why is it necessary to develop special insight after having attained calm abiding?

1. How does Lama Tsongkhapa explain the need for developing calm abiding and special insight by way of an illustration?
2. When cultivating calm abiding, it is important to counteract laziness from the very beginning.

a. Why is this so crucial?

b. What are the antidotes to laziness?

c. Briefly describe each of them and how they support and generate each other and stop laziness.

1. What is mindfulness and alertness/introspection/vigilance and why are these two mental factors so important to develop?
2. Explain the process of how to attain calm abiding by way of the nine stages, the six powers, and the four applications or attentions