

**Basic Program, Jamyang Buddhist Centre**  
**By Geshe Tenzin Namdak**  
**Lam Rim, 2-3 April 2022**  
**Quiz Questions**

These quiz questions are given to help and support your study. Please try to answer the questions without looking at the text. When you cannot remember the possible answer, please refer to the text and your notes, before looking at the answer keys. When after looking at the answer keys, still questions remain, please check with other students in your cohort or with your Teaching Assistant. Enjoy this fortunate opportunity to study the Dharma!

1. Tsongkhapa explains how to apply the reasoning of the one and many (oneness and difference) to generate the view of selflessness of phenomena.
  - a. How do you apply it to your consciousness?
  - b. How do you apply it to physical form, like your body, or a table?
  
2. The reasoning of dependent arising simultaneously avoids the two extremes, the main pitfalls for finding the correct view of emptiness.
  - a. State and describe these two extreme views.
  - b. Use the example of a table to indicate how the two extremes are simultaneously avoided by applying the reasoning of dependent arising.
  
3.
  - a. What are the two truths, or the conventional and the ultimate nature, of a table?
  - b. Are they one entity or different entities?
  
4. For something to exist conventionally, it must not be damaged by the two types of valid cognizer. What are these two types of valid cognizer?
  
5. What are the three types of dependent origination?
  
6. What are the four extremes of origination?

Please review the intro to Tenets Part Three, GTN Tenets Part Three, and the Four Schools Overview Charts.