



Diamond Mountain University

Depth Course 4: Setting Fire to Your Meditation

Answer Key One: The Key

1) List both the worldly and the spiritual reasons why we need to strive to perfect the art of meditation:

[Worldly reasons: while in the meditation you get into a blissful state of mind, with no mental afflictions; outside of meditation you are able to focus on and accomplish anything you desire.

Spiritual reasons: we must get ourselves and everyone else out of this pain-filled place, and the only way to do it is to progress through the five paths, and the only way to do that is in a state of deep meditation. To do so quickly we must practice Tantra, but it is necessary for us to be able to get into deep states of meditation in order for our Tantric practice to be successful.]

2) Name the primary source text that we will be working with, the author, and his dates (text name in Sanskrit, Tibetan, and English):

| | | |
|--------------|-------------------|-------------------------|
| [भावनक्रम | བསྐྱེམ་པའི་རིམ་པ། | The Steps of Meditation |
| Bhavanakrama | Gompay Rimpa | |

by Master Kamalashila आचार्य कमलशील]

3) Describe the situation in which this book was written in Tibet:

[Master Kamalashila was called to Tibet to participate in a debate with a Chinese monk, on what we should be mediating on. The Chinese monk was teaching that students could get to enlightenment only by clearing the mind of all thought. Master Kamalashila proved him wrong, and then wrote this book.]

4) What is the key that we need in order to quickly progress in our meditation (in Sanskrit or Tibetan, and English):

[महाकरुणा སླིང་ཇེ་ཆེན་པོ། great compassion
mahakaruna nyingje chenpo]

5) What are the eight limbs, and why are we studying them in a class on meditation:

[यम नियम आसन प्राणायाम प्रत्याहार धारण ध्यान समाधि

yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi

self-control, commitments, physical poses, control of the breath, withdrawal of the senses, focus, fixation, and perfect meditation]

These eight limbs are the steps that were described in the Indian yoga tradition for getting the mind to a calm enough place to enter into a deep state of meditation.]

6) What is the book we will be studying which leads us through these eight, and what is the name of the author:

[हठयोगप्रदीपिका Light on the Yoga of the Sun and Moon
Hatha Yoga Pradipika by Master Svamarama]

Hypertext assignment: On the back side of this page, write out either the Tibetan or the Sanskrit script of the line in your reading from the sutra *Inciting the Power of Faith*, which starts “When there is no form of pain...”, and then write each English word underneath the corresponding Tibetan or Sanskrit word.

[དེ་ལ་ the point སླིང་ཇེ་ compassion ཆེན་པོ་ great ནི་ you have བཤང་ when སེམས་ཅན་ living
being བམས་ཅན་ every ཡོངས་སུ་ ultimate སློན་པར་ evolution བྱ་བའི་ to bring ལྗོངས་ in order

ལྷན་པ་སྐྱེ་བ་ pain མི་ hesitate ལེན་པ་ take on ཅུ་ form of ཡང་མེད་ there is no དོ། །
དེས་ and བདེ་བ་སྐྱེ་བ་ pleasure མི་ hesitate འདོར་བ་ to give up ཅུ་ form of ཡང་མེད་དོ་ there is
no ཞེས། །

तत्र the point when करुणयापि great compassion सर्व every सत्त्व living being परिपाचन
bring to their ultimate evolution ।र्थ in order to न no तत् किञ्चित् form of सुखोपाधानं
pleasure यन् when न hesitate परित्यजति give up इति ॥ that is]