



## Diamond Mountain University

### Depth Course 4: Setting Fire to Your Meditation

#### Answer Key Three: Creating the Wish

1) Describe the method of meditation that Master Kamalashila describes to us in order to gain great compassion, and where it originally came from:

[Meditate on the suffering of the people you are close to, then meditate on the suffering of the people you feel indifferent toward, and try to call up in your heart the same kind of compassion. Then meditate on the suffering of those you dislike, and try to call up in your heart the same kind of compassion.]

This practice originally comes from Lord Buddha, in His teachings on abhidharma (higher knowledge).]

2) How do you know when you have reached a state of great compassion?

[At the point when you feel the same compassion for every being as you would your own sick child, you have reached great compassion.]

3) What must we first do to our perception of ourself in order to reach a state of great compassion?

[We must develop a sense of self which does not rely on other people's opinions of us—we must become in our own minds a person who can take care of everyone else. For this, we must understand our own emptiness, and the possibility of recreating ourselves into this kind of person.]

4) Describe the analogy Master Kamalashila makes between having the Wish and a diamond jewel:

[He is talking about how getting the Wish for enlightenment is an amazing accomplishment even if we never act on it, just as a diamond jewel is the most amazing jewel even if it were shattered. Just as the shattered diamond would

still outshine all other jewelry, and can still be called a diamond, and would still stop all kinds of poverty; so the Wish without acting on it would still outshine all other lower paths, and the person having it could still be called a bodhisattva, and it would still act to stop the poverty of this cycle of pain.]

5) What are the four causes that Je Tsongkapa lists for achieving a state of stillness, and how does it relate to the ten forms of self control from *Hatha Yoga Pradipika*?

[Je Tsongkapa lists four causes for achieving a state of stillness and getting to extraordinary vision: 1) controlling the doors of our senses, 2) conducting ourselves with awareness, 3) correctly gauging our amount of food, 4) monitoring our sleep.]

6) Describe three things you can practice thinking about as you do your eating meditation, and the reason for each:

[ 1) Eating in order to rid self of negative thoughts, 2) Eating in order to create good karma for those who've contributed the food, and 3) Eating in order to feed the 80,000 little creatures living in our body.]

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the line in your reading which starts “The moment you begin to feel the same for every living being...”, and then write each English word underneath the corresponding Tibetan or Sanskrit word.

[ གང་གི་ཚེ་ the moment when ཡིད་དུ་འོང་བའི་ beloved ལུ་ child མི་བདེ་བ་ fallen ill བཞིན་དུ་  
as if སེམས་ཅན་ living being ཐམས་ཅད་ every ལ་ for ཡང་ ལྷག་བསྐྱེལ་ suffering  
གཏན་ནས་ completely དབྱུང་བར་ eradicate འདོད་པ་ longs to རི་ which རྣམ་པ་ feeling རི་ of

ལྷིང་རྗེ་compassion རང་གི་ངང་གིས་ all on its own འཇུག་པ་ arises བདག་ཉིད་ཀྱིས་  
automatically མཚུངས་པར་ feel the same ལྷུང་པ་ begin དེ་ཉི་ཚེ་ only then དེ་ this practice  
རྫོགས་པ་ perfected ཡིན་པས་ is ལྷིང་རྗེ་ compassion ཆེན་པོ་ great རེ་ of ལྷིང་ name ཐོབ་ gain ལྷེ།

यदा च the moment दुःखित fallen ill बाल child प्रियेष्व् beloved इव as if दुःख  
suffering ोद्धरणेच्च completely eradicate ।कारा longs to स्वरस all on its own वाहिनि  
automatically सर्व every सत्त्व living being ेषु for सम same प्रवृत्ता कृपा to feel भवति ।  
begin तदा सा only then निष्पन्ना perfected भवति । is महाकरुण great compassion  
व्यपदेशं name च then लभते । earn ]