



Diamond Mountain University  
Depth Course 4: Setting Fire to Your Meditation

Homework 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:

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

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

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

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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*?

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

*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.