



Diamond Mountain University

Depth Course 4: Setting Fire to Your Meditation

Answer Key Seven: All the Way

1) What is the purpose of pranayama?

[The purpose of pranayama is to gain control over our breath, so that we can use it to induce a quieter state of mind, which brings us closer to stillness (shamata).]

2) How does the breath relate to the thoughts?

[The breath is connected to the inner winds that run within our channels, and the inner winds carry our thoughts. So in controlling the breath, we can have control over our thoughts, and vice versa.]

3) What does the First Panchen Lama recommend as a meditation to practice in order to achieve a state of stillness (shamata), and give two reasons why:

[The first Panchen Lama recommends using an Enlightened Being for our stillness meditation, because it incites us to recall their good qualities, and because it prepares us for tantric practice.]

4) Name and describe the two paths of a bodhisattva, and how they relate to each other:

[In the sutra *Mountain of Gaya* it says that there are two paths for a bodhisattva: method and wisdom. Method is all the activities of the perfections (except for the last one) and so on that serve to collect good karma. Wisdom is what we use to purify our method, to make sure that what we are collecting is a good karma that will serve to get us enlightened, and not just another posh life until we die.]

5) Describe the metaphor relating to consuming a poison:

[Master Kamalashila describes that using method with wisdom is like being able to consume a poison without getting harmed, because wisdom is like a magic spell that protects us. This tells us that doing method activities without wisdom is a poison, because it simply mires us more deeply in our mistaken belief of the world.]

6) When do you stop practicing bodhisattva activities, and simply concentrate on wisdom?

[Trick question—you don't!]

7) Describe what Lord Buddha comes and says to a bodhisattva who has reached the eighth level:

[Lord Buddha reminds the bodhisattva of his wish for enlightenment, explaining how everyone who is still suffering is waiting for him, and describing the amazing qualities he will gain as a Buddha, such as total omniscience.]

Hypertext assignment: On the back side of this page, write out either the Tibetan or the Sankrit script of the verse which starts “Method which lacks..”, and then write each English word underneath the corresponding Tibetan or Sanskrit word.

[ཞེས་འབ་^{wisdom} དང་བྲལ་བ་^{lacks} རི་^{which} ཐབས་^{method} དང་།^{or} ཐབས་^{method} དང་བྲལ་^{lacks} རི་^{which} ཞེས་འབ་^{wisdom} རྟེན་^{are} བྱང་རྒྱུ་སེམས་དཔ་^{bodhisattva} རི་^{which} bind
འཆིང་བ་^{ties} རོ་ཞེས་གསུངས་སོ།། ཐབས་^{method} དང་བཅས་པ་^{has} རི་^{which} ཞེས་འབ་^{wisdom}
དང་།^{or} ཞེས་འབ་^{wisdom} དང་བཅས་པ་^{has} རི་^{which} ཐབས་^{method} རྟེན་^{is} ཐར་^{freedom}
པ་^{freedom} རོ་ཞེས་བསྐྱབས་སོ། །

प्रज्ञा wisdom रहित which lacks उपाय method उपाय method रहित which lacks च or
प्रज्ञा wisdom बोधिसत्त्वानां bodhisattvas बन्धनम् ties which bind इत्यु उक्तम् ।
उपाय method सहिता which has प्रज्ञा wisdom प्रज्ञा wisdom सहित which
has उपायो method मोक्षत्वेन is freedom वर्णितः ।]