

Checking Into Your Reality Course I

Diamond Mountain University

Name: _____ Date: _____ Location: _____

Quiz, Classes Two and Three

1. What is the name of the root text that you are studying? (Please give the English and Tibetan)
2. Who wrote the root text and who did that person communicate with while he was writing it? Give his dates and the town where he was born.
3. What are the names of the text books that were chosen for this class?
4. Why were these text books chosen?
5. What are the names of the Three Principal Paths?
6. Give a definition of Renunciation, Bodhichitta and Correct View.

7. What is the relationship between samsara and renunciation?

8. Does renunciation mean throwing away all your physical belongs? Is it a mental state of mind that you develop about the world? (Give the Tibetan and Sanskrit for renunciation)

9. Describe a deeper level of renunciation than sugar cane renunciation?

10. List the eight worldly practices

11. What are the four laws of karma?

12. Why do we need the Wish for enlightenment? (Please quote verse 6 from the root text)

13. What are the two methods for achieving bodhichitta and how does equanimity fit in?

14. List three benefits of achieving bodhichitta.

15. Why is it important to have correct view and how does this one path relate to the other two. (Please quote verse 9 from the root text)

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Quiz, Class Four

1. What is your definition of a ritual?
2. Why does the ritual of marriage work in some cases, and not work in other cases? Is there something wrong with the way the ritual was performed?
3. What is the difference between Buddhist rituals and worldly rituals?
4. Why would you get the retreat land blessed and who is the best person to do this?
5. What sutra is used to close the retreat boundaries?
6. What is the function of protection markers in your retreat and where do you put them? And what are they made from? What are letters that are written on them? And what order do you put them up in?

Checking Into Your Reality Course I, Quiz, Class Four, cont.

7. Describe the ritual that you perform to clean your retreat place?

8. In what ritual do you find the mantra of pure morality?

9. Name the vows that you take when you do the one day vows?

10. Who is the deity that you visualize before you start to do the one day vows along with all the other Buddhas?

11. Name the ritual that was discussed which can only be taken by monks or nuns. How often does it occur each month? How many monks do you need to perform this ritual?

12. Who is the deity that everyone is making offerings to in the Tsechu ritual? Is the ritual secret? How many items are there on her altar during the ritual?

13. Are tormas a part of the fire puja ritual? If so, what are their names?

14. How big is the platform for this ritual? And please describe all of the elements on the altars to the left and right.

15. Madana liquid and bala are used in two rituals, please name them.

16. In which ritual do you find the special offering?

17. What is a *lerung*?

18. Name the deity that is used in the death ritual?

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Homework, Class Five

1. According to the *Spirit Home.com* reading, (a) what are images that vividly play in one's mind, and (b) how can visualization help your health?

2. Describe the first visualization: The Setting of the Sun in *The Sutra of Visualization of the Buddha of Infinite Life*. How many visualizations does this sutra contain?

3. What was your experience when you did the above visualization?

Checking Into Your Reality Course I, Quiz, Class Five, cont.

4. What was your favorite visualization from *The Sutra of Visualization of the Buddha of Infinite Life* and why?

5. What are the names of the two Bodhisattvas used in the visualizations in *The Sutra of Visualization of the Buddha of Infinite Life*?

6. In what visualization is there ground which is made from the gemstone lapis lazuli?

7. What is the relationship between your imagination and visualizations?

8. How many channels should you be visualizing with your body? What is the name of the middle channel and its color? Which channel is more important than the others?

9. What are four basic steps for effective creative visualization according to the author, Shakti Gawain?

10. Discuss the mental images that you are supposed to imagine when visualizing the throne in the *Ganden Hla Gyama* Practice

11. What is the mantra associated the fire puja for purification?

12. How many steps are there to learning to recite your mantra? List five of them.

13. What is the name purification mantra that is known as the 100 syllable mantra? Describe the visualizations that you have studied.

Visualization: dispelling obstacles from above

Visualization: dispelling obstacles from below

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Homework, Class Six

1. Write a short summary on the readings from the retreat manual, and please include how this information will help you with scheduling a retreat in the future.

2. To make tormas, white bread is a substitute for one of the main ingredients that was hard to get in the USA when Khen Rinpoche Geshe Lobsang Tharchin came to New Jersey from Sera Mey Monastery, in India. What is the main ingredient that he substituted it for?

Checking Into Your Reality Course I, Quiz, Class Six, cont.

3. What are the names of the tormas for which you use a cotton ball to make a lamp wick and how many of them do you make? What is the reason for making them?

4. What is the last ingredient you should put in your torma mixture and why?

5. What is a changbus? When you are making the gektor torma, how many of them do you have to make?

6. Draw a tikle, dutsi, and lightening bolt and explain what you use them for.

7. The kendarohi torma which is used in *lerung* retreat has two versions of cheese finishing parts. Please draw them.

8. How many different shapes do tormas come in? (for example: three sided triangle)

9. Name the four modes of tormas?

10. How many tormas do you have to prepare for your *lerung* retreat? Please list them.

Checking Into Your Reality Course I, Quiz, Class Six, cont.

11. What part did Ton-pa Shen-rab Mi-wo play in the introduction of tormas? What offering did they replace?

12. List the three main categories of torma.

13. What is the auspicious time to make tormas?

14. What is one major benefit of making tormas?

15. Explain why you make offering to guest and who are these guests?

16. Please describe the symbolism represented by the following ornaments below:

a. the lotus

Checking Into Your Reality Course I, Quiz, Class Six, cont.

b. the star (interlocking triangles)

c. the stepped base

d. the nada

e. the sun

f. the moon

g. the vajra

h. the flames

i. the four or five petaled flowers

j. the side wings

Checking Into Your Reality Course I, Quiz, Class Six, cont.

17. Do tormas vary in size and name depending upon different traditions within the Tibetan community? If so, please explain how.

18. How do food tormas differ from Morsels and tormas for hindering forces?

19. When would you use a white torma?

20. Is there such a thing as a portable torma? If there is, when would you use it?

21. When a torma is just covered with white ghee as compare to red ghee what does this mean?

22. Why does everything have to be clean and nothing stolen when you are making tormas?

23. How does the oral tradition explain the word *torma* (i.e. its derivation)?

24. What are protection markers and when do you use them?

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Quiz, Class Seven

1. Explain the name of the title *Ganden Hla Gyama* in English.
2. Who is Je Tsongkapa?
3. Who were Je Tsongkapa's disciples?
4. Which one of his disciples was the throne holder?
5. Quote the verse that prostrates to body, speech and mind in *A Thousand Angels of the Heaven of Bliss, A Prayer of Lama Devotion*.

6. *Ganden Hla Gyama* is also used in one common daily practice; please name the practice and its steps.

7. Describe the meaning of the objects below which are shown in the *Ganden Hla Gyama* Visualization Chart in the readings.

- a. clouds of all pure offerings

- b. eight lions supporting the throne

- c. lotus and moon disc on throne

- d. Lama Je Tsongkapa

- e. Lama Je Tsongkapa's hands

- f. sword

Checking Into Your Reality Course I, Quiz, Class Seven, cont.

g. text

h. robes and hat

i. Je Tsongkapa's two disciples

j. Manjushri

8. List five of Je Tsongkapa's major accomplishments.

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Quiz, Class Eight

1. There are two types of depression. Please name them and briefly describe the more acute form. How do you know when you have the more acute form?

2. What emotion is often associated with quitting and why is it especially relevant to a retreat setting?

3. What are the 6 steps to seeing the emptiness of our emotional state? How can these steps help you stop those initial emotions from growing into a real problem?

Checking Into Your Reality Course I, Quiz, Class Eight, cont.

4. How does Hedonism define emotions? Discuss how it is or is not similar to what Buddhism posits.

5. According to the iceberg diagram that was shown in class, what is the deepest level of our consciousness and what presides therein?

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Quiz, Class Nine

1. Codependency is a dysfunctional relationship with self. You feel the need to have someone to look down on in order to feel good about yourself. And, conversely, you always seem to find someone you can compare yourself to that can cause you to not feel good enough. Consider the list of emotions that was discussed in class and discuss those emotions that a codependent person might experience in retreat.

2. An agitated mental state is the major obstacle to gaining wisdom. What is the mistake that many people make and what does this mistake make ever more difficult?

3. What is the ego? Give the definition shared in class and the one specific to your readings. Regarding the ego, what is the bottom line?

4. According to Lama Yeshe, did Lord Buddha prescribe anything for dealing with the ego? If so, what was prescribed, and towards what objects?