



Diamond Mountain University

Depth Course 5: Setting Fire to Your Meditation, Part II

Homework Six: Getting to Stillness

1) What is the meditation antidote for thinking about all the things you have to do during your meditation?

2) What is the antidote for thinking of your meditation practice as a chore, or not being excited about meditating?

3) Why is getting closer to emptiness sometimes frightening, and what does that mean for us if we really want to see emptiness directly in this life?

4) How does Master Kamalashila describe reaching a state of meditative stillness?

5) What is the level of concentration where you reach actual stillness, according to Pabongka Rinpoche? (English and Tibetan) What is so special about that stage?

6) Describe the difference between an experience you have in meditation and one you reason out intellectually. And can we say the former is a direct experience?

Hypertext assignment: On the back side of this page, write out either the Tibetan or the Sanskrit script of the sutra quotation which starts “Fix your mind on something or other,...”, and then write each English word underneath the corresponding Tibetan or Sanskrit word.