



Diamond Mountain University

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

### Homework Eight: The Realm of Form

1) Describe what it means to “take note of” an object, and what it means to “examine” an object. Include the Sanskrit words for these two terms:

2) Apply the two stages above, plus the two that come in the second concentration level, to the metaphor of listening to a song:

3) What does it mean that these four are “still the type done consciously”?

4) Write the name of the form realm level (in Tibetan and English) where you are temporarily free of all your manifest mental afflictions:

5) Why is the preliminary stage of the first form realm called “indispensable”?

6) Describe what happened to the Indian yogi named Udraka, and what the point of this story is for us:

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the sutra quotation which starts “Sure, we can develop..”, and then write each English word underneath the corresponding Tibetan or Sanskrit word.