

6) What are the five layperson vows? (Tibetan track: list these in Tibetan as well as English.)

7) How do the layperson vows compare to the vows of a novice monk or nun?

8) What is the progression of vows? Why might you take so many vows?

Meditation Assignment: Contemplate the idea of vows, and what they bring you. Why would you want to take vows?

3) How do you strengthen your seeds? (use the concept of the four elements in your answer) (Tibetan track: give the Tibetan for each of the four elements)

4) If you divide novice vows into the 13, what are the three additional parts?

5) List the 7 vows (out of the 36) which are the most serious to break. These are the transgressions which are similar to a downfall for a full monk or nun.



Diamond Mountain University
Soaring to the Top of the Sky
Part II

Name:
Date:
Location:
Track:
Grade:

Homework One: Strengthening the Seeds

1) Give the name of the commentary that we will be using for this course, along with the name of the author and his dates. Also name the Sera Mey teacher who taught these vows to us in India (Tibetan track: give the Tibetan for names)

2) List the 10 motives that Lord Buddha gave for teaching these VOWS.