

A Gift of Liberation
Course Five—The Seven Doors to Meditation
Homework, Class Three: A Paradise in Every Pore

1) What is a special point about the holy book that appears to our Heart Teacher's left, as we bring them to us to create more karmic power for the meditation we are about to do?

2) When we picture the "Stack of Three Holy Beings" within our Lama's heart, how does it help us to understand their real identity?

3) The text at this point encourages us to see every separate part of our Heart Teacher as a Holy Being. What are we to see within the pores of their skin, and what two powerful effects does this have upon our own practice?

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4) What course of action does Pabongka Rinpoche advise us to take, if we find that we are unable to sustain a long and complicated visualization of our Heart Teacher actually consisting of a great many Enlightened Beings?

5) Pabongka Rinpoche instructs us to place three sacred syllables upon the bodies of each of the Holy Beings in the Garden of Karma. What are these syllables; what do each of them represent; and what do they tell us about all of these beings, in general?

Coffee shop assignment: Please meet with at least one other person—or better, a group of people—whom you didn't know well before this teaching; do your homework together and discuss together any questions you have. Please write here where, when, and with whom you did your homework:

Meditation assignment: 15 minutes early in the day practicing again the progression of three preliminary meditation practices: from (1) total immobility to (2) counting the breath to (3) watching whether thoughts that naturally arise in our mind are focused on the past, the present, or the future. Then for 15 minutes later in the day do a simple meditation visualizing your own Heart Teacher sitting quietly in front of you. Please write here the two times that you started these meditations.