

A Gift of Liberation
Course Five: The Seven Doors to Meditation
Homework, Class Four

4) How long, and how much effort, does it take for our Heart Teacher to appear next to us after we wish that they would? Please use the image which Pabongka Rinpoche does.

5) What, according to the Rinpoche, determines how powerful the karmic seeds are as we sit in the presence of our Heart Teacher?

6) What has Pabongka Rinpoche say about how we should dry our Heart Lama's body in the visualization of the bathing house?

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:

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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.