



A Gift of Liberation
Course Five—The Seven Doors to Meditation
Homework, Class Six: An Offering Made of Small
Successes

1) What does Pabongka Rinpoche say is an exception to the general rule that a poor motivation will ruin the power of a good deed?

2) What is it that separates offerings which “do have something higher” and “do not have something higher”?

3) Describe the four types of offering which have “nothing higher than them.”

(a)

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

(b)

(c)

(d)

4) Explain why the ancient Tibetan translators might have chosen the words “taking the essence” to render the Sanskrit word mandala. And give a related Spanish word which conveys this point as well.

5) How can we reconcile the geography of the mandala with our modern understanding of the shape of the world?

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

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

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.