



A Gift of Liberation
Course Six—Preparing for Our Teacher
Homework, Class Five: Asking for Help

Name _____

Date _____

1) In describing the Lineage Lamas whom we are asking for help for our practice, Je Tsongkapa notes a difference between two forms of Lord Buddha: one who is a “Matchless Guide” and another who is the “Unequaled Speaker.” Which lineages do these two head, and what are your own ideas on the difference between them?

2) As we ask the Lamas of the Lineage for their blessing, we see sitting atop our head a small version of our own Lama. What form are They in, and why are They there?

3) There is a special way of reciting, and dissolving our Lama down into us, when we are asking for the blessings of one of the Lamas of the two great lineages. Please explain.

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4) *Miktsema*, or “Love with Nothing It Sees,” is the name of the famous Mantra of Je Tsongkapa, and when asking for help from the Holy Beings, this help will come much stronger and faster if we recite a rosary of these mantras after our request. Please explain the unusual name of this mantra, which reflects its great power.

5) Pabongka Rinpoche makes one further suggestion about how we can give more power to our request for help from the Lamas of the Lineage—a suggestion which involves their lives. Please explain.

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: Please repeat our little “Physics Meditation” from the previous homework: Think about how the tiny good seeds which we plant every day have the power to create entire universes in our days to come. Please do 15 minutes of meditation in the morning reviewing small good deeds that you are doing, and trying to imagine their effects, magnified to galactic dimensions—as they will surely be. Repeat in the evening.

Please write here the two times that you started these meditations.