



The Devil Debates an Angel

Homework, Course Five

A Simple Path to Happiness:

Overcoming Illusions in Our Life

Name _____

Date _____

City _____

Class One: Daily Practice to Stop Illusion (verses 86-96)

1) In verse 86, the Angel of Wisdom says that “We can learn and study, but only apparently.” Explain what this means in terms of studying this very teaching; and what this has to do with illusion, and a simple path.

2) In the case of learning anything, then, we are trying to do so not in the way we used to, but in a new way. How can we combine these two ways of doing things?

3) In verse 89, His Holiness mentions the “eight attitudes.” What are these eight, and how is it that they spring from illusion?

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4) How often are we wrapped in illusion?

5) In verse 94, the bad guy describes a meditation which we can call Meditation on the Present Moment. He correctly criticizes this meditation, though, as nothing but a meditation on him! Does this meditation then have no role to play in our daily practice? And how does daily practice affect the illusion?

6) What are the Four Meditations built around this section of the ancient poem we are studying, *The Devil Debates an Angel*? How do we perform these four on a daily basis?

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, and 15 minutes later in the day, do the first two of the Four Meditations: the Meditation on Complete Stillness; and the Meditation on the Breath.

Please write here the two times that you started these meditations (homeworks without these times will not be accepted):