

The Devil Debates an Angel  
Course Three—Ultimate Meditation  
Class Two: The Emptiness of Time (verses 60-69)

1) We've already looked into whether we are the parts of our body, in one moment of time, and we've learned that we are *not* all these parts together, until we think of them as "me." And that thought pops up out of a karmic seed that we planted in our mind previously, through many acts of kindness. In this next section of his text, His Holiness the First Panchen Lama examines the parts of our mind, over time. How can the example of the pen help us understand these moments of our mind, and "me"?

2) As he discusses our perception of the moments of our own mind, His Holiness the First Panchen Lama takes the opportunity to speak of our very perception of time. How does this help explain our experiences in the chair at the dentist, or in the arms of a lover?

3) Now that we have disproved that the body or the mind could exist in their parts—that *me* could exist in my parts—the Angel goes off on a poetic section proclaiming that "the root of every evil has finally been severed." How does this follow?

The Devil Debates an Angel  
Course Two: How to Meditate, How Not to Meditate  
Homework, Class Two

4) His Holiness (in verse 64) makes the radical statement that “none of your negative emotions ever started.” How are we to understand this statement?

5) Are things, as His Holiness says in verse 68, really a “single song” in which “all things are equal”? When scriptures say that a suffering life and a life of happiness are ultimately all the same, are they being literal?

6) His Holiness says in verse 69 that “there is no Buddha to this state of mind,” much less the Devil. What state of mind is he talking about, and what clue do we get from the next verse?

*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, thinking about your own worst negative emotion, and how it might change if you knew that the people and things around you were coming from you. Please write here the two times that you started these meditations (homeworks without these times will not be accepted):