

ACI
PHOENIX



A Gift of Liberation
Course Four—Learning to Be Quiet
Homework, Class Two: A Flower

Name _____
City _____
Date _____

1) Every day we make a small, elegant offering upon our new altar. What are 5 different ways in which we should avoid tainting these offerings with some negativity?

- (a)
- (b)
- (c)
- (d)
- (e)

2) Pabongka Rinpoche mentions a range of specific motivations behind the offerings upon our altar. Name 4 of these motivations, and describe how we can transform them.

3) How does Pabongka Rinpoche describe the “beauty” of offerings, and why is this important? How is it reflected in our everyday life?

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4) What does Pabongka Rinpoche say about having others help us with our offerings, and how does this apply to other parts of our spiritual practice?

5) What does Pabongka Rinpoche say about the quality of the material which we use for an offering, and how does this apply to other aspects of our spiritual life?

6) Pabongka Rinpoche relates a story about different qualities of incense used for an offering. How does this relate to our spiritual path in general?

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, planning how we will set aside a meditation space in our own home, and also about how we would like the altar to be. And then thinking about how we relate to this altar, as a center where enlightened deeds, words, and thoughts will stay. Please write here the two times that you started these meditations.