



A Gift of Liberation

NAME _____

Course Four—Learning to Be Quiet

DATE _____

Homework, Class Five: The Nectar of Purity

1) One of the most fundamental ideas in Buddhism is that of refuge: seeking shelter in a place that we can trust. What are the two classic reasons for taking refuge, and how can there be a third?

2) When we visualize ourselves taking refuge at this point in the practice, how do we see ourselves relative to other people in our life, such as our parents? How does this relate to the idea of an example, and bodhichitta, in the third of the four steps of a karmic path?

3) What is the basic visualization for the practice known as the “shower of cleansing nectar”? Please describe some of what the nectar does to us.

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4) As a Buddhist, we by tradition seek shelter in the Three Jewels. As we do so, we try to purify any negative deeds we may have committed towards each of these three. How does this purification already reflect the deepest meaning of seeking shelter, or refuge?

5) The historical Buddha is no longer present, so it would seem difficult for us to make any mistakes towards him. What though are five different actions that Pabongka Rinpoche mentions in this regard?

(1)

(2)

(3)

(4)

(5)

6) What are four negative actions towards the Dharma which we should be careful to avoid? Please give detail on the first of these.

(1)

(2)

(3)

(4)

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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, practicing in meditation having the rainbow lights of purification and attainment pour into our body. Please write here the two times that you started these meditations.