



A Gift of Liberation
Course Four—Learning to Be Quiet
Homework, Class Six: A Hell on Earth

- 1) What are four examples of negative deeds towards the Community (or Sangha) which Pabongka Rinpoche mentions, in his discussion of the rain of purity?
- 2) Why, according to the Rinpoche, is it actually “risky” to be part of a spiritual community?
- 3) In the context of defining the Community, or Sangha, as one of the Three Jewels, Pabongka Rinpoche clarifies whether it consists only of the ordained. Explain.

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4) What is one of the most powerful bad karmas we can ever commit, and what does Pabongka Rinpoche say he thinks would be a typical root of this terrible deed?

5) In this section, on the need to respect the Community, we get a glimpse of the creatures who live in a special realm called “Hell on Earth.” Explain how they are described; and then comment on whether you believe that such life forms could actually exist. How could such bodies be sustained, physically?

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, continuing to practice 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.