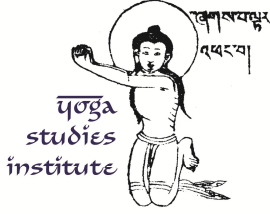


Nirvana Immersion
Homework, Class One



THE ASIAN
CLASSICS INSTITUTE



Nirvana Immersion

Homework

Class One: The Names of Nirvana

Name _____

Date _____

Place _____

1) The Sanskrit word “nirvana” can be explained in three very different ways. One of these has to do with candles; please explain, including also English cognates, or related words, for all three pieces of the Sanskrit.

2) A second meaning of the word *nirvana* has to do with weaving; explain how this relates to the way in which we reach nirvana, and include a new English cognate.

3) On to the third way of reading the Sanskrit word “nirvana”: How did the Tibetan translators of ancient times choose to translate this term, and how does this relate to the first two ways of explaining it? What are some English cognates for this way of reading the Sanskrit of the term?

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4) Lord Buddha, and the sages who have explained his teachings in the centuries since he lived, describe in many different ways the “grief” that we go beyond when we reach nirvana. Choose the three descriptions here that mean the most to you and explain them briefly, being sure to comment also upon whether they are technically overcome when we reach nirvana, or at some earlier or later stage.

5) How did Lord Buddha, very briefly, describe nirvana—and how does this relate to our own life and goals?

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, spend some time meditating on the question: “What is my own most habitual negative emotion?” Try to get some feeling for when it started in your life, and also some feeling of what it would feel like if you were able to overcome it forever.

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