



THE ASIAN
CLASSICS INSTITUTE



Nirvana Immersion

Homework

Class Two: Escaping the Wheel

Name _____

Date _____

Place _____

1) Here are the English translations of three traditional Sanskrit synonyms for the word “nirvana”: *freedom, peace, and liberation*. Give the Sanskrit original for each, and explain its “flavor” with regard to your own favorite negative emotion.

2) What are the “four seals” which guarantee that a viewpoint is authentic in tradition? Please describe briefly the flow between the four.

3) Is there any historical basis for the idea that when we reach nirvana we disappear completely into some blissful void? And is there any traditional objection to this idea?

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4) Nirvana is sometimes described as stopping the Wheel of Life, the cycle of rebirth. Explain how this relates to the “pen,” and what comes after this stopping.

5) The ancient Chinese translators chose the word *niepan* to render the Sanskrit word *nirvana*. What are two reasons for this choice, and how does it relate to the mother book of all yoga, the Yoga Sutra?

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, bringing to mind your favorite negative emotion, and reviewing the last few times it has interrupted the happiness of your day. Begin thinking about any “web of illusion” that might have been woven at the time.

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