



THE ASIAN
CLASSICS INSTITUTE



Nirvana Immersion

Homework

Class Three: Destroying the Enemy

Name _____

Date _____

Place _____

1) The Sanskrit word *arhat* is used to describe someone who has reached nirvana. Explain the two meanings of this word, and then list the three stages that we go through to reach it, in the description known as the “Four Fruits of the Practice of Virtue.”

2) How is it that, once we reach it, nirvana will last forever? Explain with a comparison to emptiness itself.

3) What are the four ways in which we can perceive the world around us, according to Keutsang Rinpoche? How do these four apply to people who have not yet seen emptiness; people who have, but who have not yet reached nirvana; people who have reached nirvana, but who have not yet reached enlightenment; and people who have reached enlightenment? Please answer by filling in the following blanks:

A. Four ways of perceiving things:

(1)

(2)

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(3)

(4)

B. How these apply to—

(1) Someone who has not yet seen emptiness:

(2) Someone who has seen emptiness, but not yet reached nirvana:

(3) Someone who has reached nirvana, but not yet reached enlightenment:

(4) Someone who has reached enlightenment:

4) What are the Four Steps for removing our favorite negative emotion? Answer by using the one emotion that you have chosen as your favorite from the six candidates of anger; jealousy; addictions; judging other people; busyness; and procrastination.

Step One:

Step Two:

Step Three:

Step Four:

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5) What unexpected disaster can occur with the Four Steps if we're not careful with our motivation? What is a very simple way to transform this motivation into bodhichitta, the highest form of love? Again, answer by using your own "favorite" negative emotion as the example.

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 Four Steps that you will use to stop your own worst negative emotion, and to develop the opposite, using karmic seeds—something that *always* works!

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