



A Gift of Liberation
Course Five—The Seven Doors to Meditation
Homework, Class One: The Garden of Karma

1) With Course 5, we are now reaching the fourth of the Six Preliminary Practices. Just to get our bearings, list these six; and state what they are preliminaries to.

(1)

(2)

(3)

(4)

(5)

(6)

2) What are two metaphors which are used to describe the effect of the practice of the Garden of Karma?

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3) What are three different purposes of the practice of the Karma Garden, and what it can do for us, as described by the lama named Dolpo Sherab Gyeltsen?

4) How does Pabongka Rinpoche describe the meaning of the expression “Garden of Karma”? Include here the original Tibetan, and the meaning of both of the words included there.

5) How, according to Pabongka Rinpoche, does the Garden of Karma “outperform” regular gardens?

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 the progression of three preliminary meditation practices: from (1) total immobility to (2) counting the breath to (3) watching whether thoughts that naturally arise in our mind are focused on the past, the present, or the future. Please write here the two times that you started these meditations.