

## A Gift of Liberation

### Course Six—Preparing for Our Teacher

#### Homework, Class One: Three Mountains of Goodness

1) We have been learning the traditional Four Powers for purifying our old negative karmic seeds. The fourth of these involves undertaking an activity to “balance out” the negative thing we have done. Pabongka Rinpoche mentions six types of these activities, and after those a very “available” one for all of us. Please list two of the six activities that you think you might be most interested in, and also describe the very “available” one.

2) Pabongka Rinpoche mentions that Je Tsongkapa often used a teaching known as “The Sutra of the Three Mountains” to amass good karma and to purify negative karma. Please give the general structure of this sutra, and clarify what the “Three Mountains” are.

3) Pabongka Rinpoche mentions a beautiful practice, favored by Je Tsongkapa himself, whereby we perform the “balancing” power by saying prayers of purification while we simultaneously perform prostrations to Holy Beings. He advises reciting a “mantra of amplification” as we begin such a practice. Please give here a general

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mantra of this type, and then a more specific one for the act of prostration. Give also the English translation of both.

4) The practice of prostrating to 35 different beings who have already become enlightened (including the historical Buddha who appeared upon our world) is found in *An Exalted Sutra of the Greater Way Which Was Requested by Upali, and Which Sets Forth the Teachings of Vowed Morality*. Prostrating to each different Buddha has, according to Lord Atisha, a special ability to remove a particularly bad past karma in our lives. Please pick three of the Buddhas' names which you feel might be especially useful for purifying some karma from your own life.

5) Pabongka Rinpoche says that there are three sets of three to keep in mind as we work to purify our old bad karmic seeds. Please name and describe these briefly.

*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, choose one of the 35 Buddhas who is related to one negative karma that we've had trouble with, and picture them properly as you recite their name, with the prostration phrases that go along with them, in your mind. Please write here the two times that you started these meditations.