



A Gift of Liberation
Course Six—Preparing for Our Teacher
Homework, Class Six:
Our Life as a Meditation

Name _____

Date _____

1) When we have finished our request to the Lamas of the Lineage to help us in our practice, the custom is to withdraw the vision of them into our single Heart Lama. As we do so, Pabongka Rinpoche says, we are to “look back at the five, and get a clear picture.” What are these five, what is the picture, and what else does it imply, especially in the secret teachings?

2) The Rinpoche says that—as we are withdrawing our vision of the Lamas of the Lineage—it is a bad omen for the future of our personal practice if we melt our “daily” Lama into light, as we do the others. What does he suggest that we do with this Lama, and how can we apply this to our Lama whenever we visualize them in our daily meditations?

3) What does Pabongka Rinpoche mean when he says that we should do “Dagger Supplication”?

4) The whole purpose of preparing for good meditation sessions—which has been the subject of our course now for quite a while!—is to be able to meditate upon the steps of the path (the *lam-rim*) when we get to them shortly. That is, we might take a subject like our own impermanence and try to internalize it through meditating upon it; the end result being that we

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actually get up every morning with the feeling that we might die today, and so spend our day very meaningfully. What does Pabongka Rinpoche suggest that we do if we're trying to perform one of these lam-rim meditations, and we're not able to get very deep into it?

5) As we approach the actual steps of the lam-rim, Pabongka Rinpoche takes the opportunity to give an impromptu definition of meditation, involving three different elements. Please describe these three.

6) Pabongka Rinpoche gives a surprising example of analytical meditation in showing us how meditation relates to repeating an object of focus until we internalize it. Please describe.

7) How does Pabongka Rinpoche describe the process of selecting our daily meditation subject, and finding "fuel" for it?

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: Once again, please repeat our little "Physics Meditation" from the previous homework—Think about how the tiny good seeds which we plant every day have the power to create entire universes in our days to come. Please do 15 minutes of meditation in the morning reviewing small good deeds that you are doing, and trying to imagine their effects, magnified to galactic dimensions—as they will surely be. Repeat in the evening.

Please write here the two times that you started these meditations.

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