



A Gift of Liberation
Course Six—Preparing for Our Teacher
Homework Master, Class Five: Asking for Help

Name _____

Date _____

1) In describing the Lineage Lamas whom we are asking for help for our practice, Je Tsongkapa notes a difference between two forms of Lord Buddha: one who is a “Matchless Guide” and another who is the “Unequaled Speaker.” Which lineages do these two head, and what are your own ideas on the difference between them?

[Lord Buddha as the “Matchless Guide” is the head of the Compassion Lineage, descending from him to Maitreya and Arya Asanga, and from them eventually to us. As the “Unequaled Speaker” he is the head of the Emptiness Lineage, which then comes down through Manjushri and Arya Nagarjuna to ourselves.]

In answering this question, students should be encouraged to think creatively and suggest their own solution. For example, we might say that love *guides* us in our hearts as we *speak* of The Pen to the world, and thus lead people to happiness.]

2) As we ask the Lamas of the Lineage for their blessing, we see sitting atop our head a small version of our own Lama. What form are They in, and why are They there?

[Pabongka Rinpoche notes that this Lama is in the form of our own immediate Teacher, because we are to imagine that they are serving in the role of a go-between who helps us to contact a person who has a position so far higher than our own (like a President of the United States) that we would never get their attention directly if we tried by ourselves alone.]

A Gift of Liberation
Course Six: Preparing for Our Teacher
Homework Master, Class Five

Our Lama is of course even higher than these other Buddhas, but their usual task is to appear to us in a familiar, accessible form that we can relate to. In this practice, that form helps us imagine them as a go-between to a Higher Force.]

3) There is a special way of reciting, and dissolving our Lama down into us, when we are asking for the blessings of one of the Lamas of the two great lineages. Please explain.

[We can do this practice whenever we picture asking our Lama for their help and blessings. Let's say we are having a particularly hard time with a person at work. We know we should be seeing their emptiness—the fact that they come from us—but we're having trouble doing so.

In this case we can imagine (however unclear!) the Lineage of the Lamas of the emptiness teachings, trying to get at least Arya Nagarjuna very clear in our mind, from paintings or drawings that we may have seen. We ask our Lama (who is sitting on our head) to make a request to Arya Nagarjuna with us, and then we watch as the Arya physically melts into us through our crown chakra. We see all our obstacles to understanding our difficult coworker melt away as golden wisdom nectar fills our body.

Then we actually think our request for help a second time, to our own Lama. They sink into us and fill us again with the golden light of understanding how to deal with our coworker, but this time mixed together in the light are the blessings of the Lineage of Compassion as well—for our Lama is a being who combines the both.]

4) *Miktsema*, or “Love with Nothing It Sees,” is the name of the famous Mantra of Je Tsongkapa, and when asking for help from the Holy Beings, this help will come much stronger and faster if we recite a rosary of these mantras after our request. Please explain the unusual name of this mantra, which reflects its great power.

[The name of the Je Tsongkapa Mantra reflects the perfect mix of love and wisdom which are Him. *Mik* here stands for *mikme*, which means “nothing it sees.” And *tse* is an abbreviation of *tsewa*, which means *love*.

A Gift of Liberation
Course Six: Preparing for Our Teacher
Homework Master, Class Five

Let's go back to the difficult coworker, who we are trying but perhaps failing to love. If we do perceive his or her emptiness, then we appreciate fully that their behavior is coming from us—from seeds we have planted ourselves with them, in the past.

We then realize, perfectly, how we could change this colleague—simply by working on our own seeds. If they are super-critical of us, for example, then we could try to be less critical of a particular friend or family member.

This would change this person—which is a way of dealing with them that will certainly serve as an example for everyone else we know. This enlightened way of solving the problem then would spread like a virus, and help the entire world.

And that is true love: love with no coworker it sees coming from their *own* side.]

5) Pabongka Rinpoche makes one further suggestion about how we can give more power to our request for help from the Lamas of the Lineage—a suggestion which involves their lives. Please explain.

[It may seem an obvious point, but our request for help from all the Lamas will be much more powerful if—as we think about the help we need—we also reflect briefly upon what we know of their individual lives and teachings.

One way to do this would be to check the index at the back of the English edition of *Liberation in Our Hands*, and look up selections under the names of particular Lamas. Another way would be to get a copy of the ACI Lam-Rim Lineage Poster, which includes quotations from these Lamas.]

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:

A Gift of Liberation
Course Six: Preparing for Our Teacher
Homework Master, Class Five

Meditation assignment: 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.