



The Devil Debates an Angel

Name _____

Course Three—Ultimate Meditation

Date _____

Class One: The Two Me's (verses 55-59)

City _____

1) The Angel describes two ways in which we can check to see if we are who we always thought we were. What are these two?

2) His Holiness the First Panchen Lama describes how we are neither any one of the parts of us (especially of our body), nor are we all of these parts put together. Then he gives us a clue to understand this puzzle. Explain the clue and the solution, and what this has to do with our life.

3) About checking to see if we can be found in our parts, His Holiness makes a difficult statement that “it goes both ways.” Explain.

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Course Two: How to Meditate, How Not to Meditate
Master, Class Two

4) It's probably important at this point to pause, and ask ourselves what His Holiness the First Panchen Lama is saying about "me." Does "me" exist or not? How might this be a "bad" question?

5) In a practical way, how would it help us to discover that "me" is not who I always thought he or she was?

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, think about someone that you're having a problem with, and try to see some way in which they don't exist the way you thought they did. (They don't exist from their side.)

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