



The Devil Debates an Angel

Course Four:

Getting Your Life to Work

In a World that Isn't What it Seems

Name _____

Date _____

City _____

Class One: Clouds & Getting Old (verses 70-77)

1) In verse 70 of *The Devil Debates an Angel*, His Holiness the First Panchen Lama mentions the “aftermath.” What is he referring to?

2) How does this “aftermath” relate to the idea of an illusion, and how might this apply to a tense situation at work, when our boss is yelling at us?

3) His Holiness repeats the idea that all the things around us are only “a reflection appearing in the mirror of emptiness.” How does this apply to our old friend, the pen?

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Course Four, Class One
Homework

4) In verse 73, His Holiness says that “we come up with nothing” when we try to find “how one thing can cause another.” Discuss this in terms of how an aspirin works to stop a headache.

5) His Holiness compares our bodies to clouds that form in the empty sky. What does the sky represent here, and how does the metaphor give us a clue for winning our battle against the process of our body starting to get old?

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 who often upsets you, and try to see why they might be an illusion.

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