



A Gift of Liberation

Name _____

Course Four—Learning to Be Quiet

Date _____

Homework, Class Four: The Shelter of the Lama

1) The fourth of the six preparations for a meditation session is to picture those Holy Beings in which we put all our hope. Who is the central figure here, inside and outside, and why?

2) Lord Buddha, as someone in whom we place our hope, is often pictured with a wisdom bowl cradled in his left hand, and his right hand pressing the earth. What does this bowl hold, why is he pressing the earth, and how do these relate to the “Four Demons”?

3) How does Pabongka Rinpoche suggest that we select the image to use for our Lama in the Refuge Visualization, and how does this relate in general to our relationship with all our Lamas?

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4) As we picture our Lama, we see them performing a certain gesture, or *mudra*, with their hands. Describe this mudra, and explain its significance in several ways.

5) What does Pabongka Rinpoche have to say about how we visualize the physical bodies of Holy Beings, such as our own Lama, during a meditation?

6) How does Pabongka Rinpoche feel about picturing Holy Beings as “static” in a meditation?

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, practice a simple Refuge Visualization with one or two of your Teachers, working on their bodies as pure and glorious light, and the constant emanation and withdrawal of countless enlightened and worldly forms from them, to help beings on many planets—as well as some sweet conversation they may be engaged in. Please write here the two times that you started these meditations.