DIAMOND MOUNTAIN

DIAMOND MOUNTAIN UNIVERSITY

Name: _____
Date: _____
Grade: _____

TEACHER TRAINING: PART I (Fall Term)

HOMEWORK FOR CLASS SIX

1) What are the three ways -- characterized by Pabongka Rinpoche as the "lesser," "intermediate," and "supreme" methods – of serving the spiritual teacher according to the *Ornament of Mahayana Sutras*?

2) What is the best way of performing "guru yoga" according to Pabongka Rinpoche?

3) And of all the ways to please your spiritual teacher, which is the highest?

4) Why, according to Alexander Berzin, should we train ourselves to focus on what appears to us as our spiritual teacher's good points, and not what appears to us as his or her faults?

5) In order to focus on the good qualities of our spiritual teacher, we need first of all to *recognize* them. To do this, we must have the *belief* that they are really there (sometimes called "*faith*"). What is Master Asanga's definition of what it means to believe in something?

6) Master Asanga also says there are three ways of believing a fact to be true. Name these three ways and then discuss them in relation to how one gains a belief in the spiritual teacher's good qualities.

7) Explain the place of "values" or "honor" (a.k.a. "consideration"), on the one hand, and "scruples" or "shame" on the other in the relationship one has with one's spiritual teacher.

8) In the meditation on the guru, what occurs after one has focused on the actual good qualities of the teacher?

9) Discuss the final step in the meditation on the guru.

10) Alexander Berzin writes that a "healthy relationship with a spiritual mentor grows from the bedrock of trust and respect," and from these latter two comes the wish to serve that teacher with one's actions. Review the three ways of serving one's teacher in action and say a few words about what each of them really entails.

Meditation assignment: 15 minutes a day on how to gain belief in the existence of the good qualities of a teacher.

Meditation dates and times: