



Name:

Date:

Grade:

*Homework, Class One*

1) Name the author of the *Principal Teachings of Buddhism* (give both his popular name and his monk's name), as well as his dates. (Tibetan track answer in Tibetan.)

2) What is the actual name of this work? (Tibetan track in Tibetan.)

3) For whom was the work written (monk's name and popular name)? (Tibetan track in Tibetan.)

4) Who wrote the commentary that we are studying (give both his popular name and his special name)? What are his dates? (Tibetan track in Tibetan.)

5) Who was this Lama in his former life?

6) Who is the disciple of Trijang Rinpoche who wrote the introduction? Give his full name and correct titles? (Tibetan track in Tibetan.)

7) What are the three "problems of the pot"?

a)

b)

c)

8) What are the three great divisions of the lam-rim texts (works on the Steps to Buddhahood)?

a)

b)

c)

9) Name the three principal paths. (Tibetan track in Tibetan.)

a)

b)

c)

10) Are they physical, mental, or are they concepts?

*Memorization assignment:* Memorize the verse called *Refuge and The Wish*. (Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on renunciation.

*Dates and times meditated (homework without these will not be accepted):*



Name:

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*Homework, Class Two*

1) Does merit necessarily lead to nirvana and Buddhahood? (Tibetan track give Tibetan term for merit.) Why or why not?

2) What is the Sanskrit word for the "great seal"? (Tibetan track give Tibetan term.)

3) Is there any relationship between the three principle paths and the great seal? Between these three and tantric practice?

4) What are the two principal causes that bring about the state of Buddhahood? (Tibetan track in Tibetan.)

a)

b)

5) What are the main elements of these two? (Tibetan track in Tibetan.)

a)

b)

6) What are the two bodies of a Buddha? (Tibetan track in Tibetan.)

a)

b)

7) Name the two causes of the two bodies. (Tibetan track in Tibetan.)

a)

b)

8) Which of the three principal paths cause each of these two bodies?

9) What are the two obstacles to Buddhahood? (Tibetan track in Tibetan.)

a)

b)

10) Why was Je Tsongkapa able to write 10,000 pages of incredibly deep and difficult explanation of Buddhism?

*Memorization assignment:* Memorize the verse called *Dedication of the Goodness of a Deed*.  
(Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on renunciation.

*Dates and times meditated (homework without these will not be accepted):*



Name:
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*Homework, Class Three*

1) Name the ten characteristics of a qualified lama. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)

g)

h)

i)

j)

*Memorization assignment:* Memorize the verse called *Offering the Mandala*. (Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on renunciation.

*Dates and times meditated (homework without these will not be accepted):*



Name:
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*Homework, Class Four*

1) Name the three characteristics of an authentic teaching, one which is appropriate to make your practice successful. (Tibetan track in Tibetan.)

a)

b)

c)

2) List the three requirements of a good student as found in Aryadeva's *400 Verses*. (Tibetan track in Tibetan.)

a)

b)

c)

*Memorization assignment:* Memorize the title and first line of the *Three Principal Paths*.  
(Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on renunciation.

*Dates and times meditated (homework without these will not be accepted):*



Name:

Date:

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*Homework, Class Five*

1) Define what is meant by "cycle of life," or *samsara* in Sanskrit. (Tibetan track give the Tibetan word.)

2) Why is renunciation necessary to escape the cycle of life? What is the relationship between renunciation and the wish to achieve enlightenment for all beings?

3) Two of the steps of the path are meant to stop desire for this life. Name them. (Tibetan track in Tibetan.)

a)

b)



4) List the eight worldly thoughts. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)

g)

h)

*Memorization assignment:* Memorize the first verse of the *Three Principal Paths*. (Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on the eight worldly thoughts.

*Dates and times meditated (homework without these will not be accepted):*



Name:
Date:
Grade:

*Homework, Class Six*

1) Name the four principles of action (or *karma*.) (Tibetan track in Tibetan.)

a)

b)

c)

d)

2) List the six sufferings of a human life. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)

3) What is the point at which you know you have developed true renunciation?

*Memorization assignment:* Memorize the second verse of the *Three Principal Paths*.  
(Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical  
meditation on the four principles of action.

*Dates and times meditated (homework without these will not be accepted):*



Name:
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*Homework, Class Seven*

1) Give an explanation of the two parts of the word "bodhichitta." (Tibetan track in Tibetan.)

2) When do you become a bodhisattva?

3) Has every bodhisattva seen emptiness directly?

4) Can you reach nirvana (meaning become an arhat, and remove all your mental afflictions) before you become a bodhisattva?

5) Name at least six benefits of developing the wish for enlightenment. (Tibetan track in Tibetan.)

a)

b)

c)

d)

e)

f)

*Memorization assignment:* Memorize the third verse of the *Three Principal Paths*. (Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on the benefits of the wish for enlightenment.

*Dates and times meditated (homework without these will not be accepted):*



Name:
Date:
Grade:

*Homework, Class Eight*

1) Give the seven steps in the cause-and-effect method for developing the wish for enlightenment; explain briefly why each is necessary for the next. (Tibetan track name the seven steps in Tibetan, and explain in English.)

a)

b)

c)

d)

e)

f)

g)

2) Describe the preliminary practice that precedes these seven.

*Memorization assignment:* Memorize the fourth verse of the *Three Principal Paths*.  
(Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on the seven steps for developing the wish for enlightenment.

*Dates and times meditated (homework without these will not be accepted):*



Name:
Date:
Grade:

*Homework, Class Nine*

1) Name the two truths, and describe them briefly. (Tibetan track in Tibetan.)

a)

b)

2) Explain what "interdependence" (also sometimes called "dependent origination") means in each of the three Buddhist schools mentioned below. (Tibetan track students give Tibetan word for "interdependence.")

a) *Functionalist Group:*

b) *Independent Group:*

c) *Implication Group:*



3) Buddhism teaches that no "self" exists. Give a description of this non-existent "self" or self-nature, according to Master Chandrakirti. (Tibetan track students give the Tibetan word for "self.")

*Memorization assignment:* Memorize the tenth verse of the *Three Principal Paths*. (Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on the three meanings of "interdependence."

*Dates and times meditated (homework without these will not be accepted):*



COURSE I  
The Principal Teachings of Buddhism

Name:

Date:

Grade:

*Homework, Class Ten*

1) Can the idea of karma (that is, ethics or morality) co-exist with the idea of emptiness, or do they contradict each other? (Tibetan track give the words for "morality" and for "emptiness" in Tibetan.)

2) Suppose you can understand that there is no "self." How does that help you stop your bad emotions, and reach freedom? (Tibetan track students give words for "bad thoughts" and for "object to be denied.")

*Memorization assignment:* Memorize the 12th verse of the *Three Principal Paths*. (Tibetan track in Tibetan.)

*Meditation assignment:* 15 minutes per day, breathe to ten and then do analytical meditation on the marriage of ethics and emptiness.

*Dates and times meditated (homework without these will not be accepted):*