



The Asian Classics Institute



Diamond Mountain University

In-Depth Course 1  
Teachings of the Future Buddha

Homework and Quiz Master, Class Four: *The Sun of the Holy Dharma*  
(Quiz questions are marked with an asterisk.)

\*1) In a very famous verse from the fourth chapter of the *Commentary on the Latter Part*, Lord Maitreya uses the metaphor of a disease to explain the four arya truths. Explain the four parts of the metaphor. (Tibetan and Sanskrit tracks use these languages for the metaphor.)

2) “We must realize that we are sick” describes the truth of suffering.

ནད་ནི་ཤེས་བྱ།

neni sheja

སྐྱུང་བསྐྱེད་བདེན་པ།

dukngel denpa

व्याधिर्ज्ञेय

vya-dhirjn~eya

दुःख

duh.kha

(b) “We must get rid of the cause of the sickness” describes the truth of the cause of suffering.

ནད་ཀྱི་རྒྱ་རྒྱ་ལྷན་པ།

nekyi gyuni pangja

ཀུན་འབྱུང་བདེན་པ།

kunjung denpa

व्याधिहेतु

vya-dhihetu

प्रहेय

praheya

© “We must must attain health” describes the truth of cessation.

བདེ་གནས་ནི་ཐོབ་བྱ།

dene ni tobja

འགོག་བདེན།

gokden

स्वास्थ्य  
sva-sthya

प्राप्य  
pra-pya

(d) “We must take the medicine” describes the truth of the path.

སྨོན་ནི་བསྐྱེན་བྱ།  
minni tenja

ལམ་བདེན།  
lamden

भेषज  
bhes.aja

सेव्य  
sevyā

2) Back to the first chapter: having discussed the Buddha Jewel, Arya Asanga then goes on to describe the Dharma Jewel. Gyaltsab Je compares the relationship between these two to a yawn. Explain!

We might normally think of the relationship between the Buddha Jewel and the Dharma Jewel as a temporal one: you get enlightened, you turn the wheel of the Dharma, and this causes the truths of cessation and path to occur within your students. Gyaltsab Je says you can think of the relationship this way, but you can also describe it as something that occurs simultaneously: you attain the Buddha Jewel yourself, and because of that you attain the ultimate form of the Dharma Jewel (the very highest forms of cessation and path), all at the same moment. It’s as if someone said to you, “Opening her mouth, she sleeps,” which you could interpret as “She yawned and went to bed” when the person really meant “She sleeps with her mouth open.”

3) Name the two parts of the “real” Dharma Jewel, and give examples of each.

(a) The truth of cessation: The fact, for example, that a person who has seen emptiness directly has stopped, forever, any intellectual belief that things could exist independent of their projections.

(b) The truth of the path: The direct perception of emptiness.

4) The truth of cessation itself includes two parts. Name them.

(a) The part which is “natural purity.”

(b) The part which is “achieved purity.” This is then similar to the two parts of the essence body of a Buddha.

5) Give three qualities of the natural purity of the truth of cessation.

- (a) It cannot be perceived by a mind which still has “dualism.”
- (b) It cannot be perceived through “another.”
- (c) It is perceived only by a mind free of “dualism.”

\*6) Lord Maitreya says that the purity which is achieved depends on the “light of wisdom”: the knowledge of an arya both during and just after the direct perception of emptiness. He bows down to this “sun,” because it destroys the darkness of ignorance and thus frees us from pain. Describe the six steps by which this freedom, according to Lord Maitreya, takes place.

- (a) We stop thinking of things the wrong way: we stop believing that things are anything other than scenes projected onto an empty screen by the karmic seeds of how we have behaved towards others in the past.
- (b) This stops us from either liking or disliking things in the wrong way.
- (c) This stops us hurting others to get what we want or avoid what we don’t want.
- (d) Eventually we can stop our deep tendency to see things the wrong way.
- (e) This gradually destroys our old seeds for seeing things the wrong way, and prevents us from collecting new seeds for this mistake.
- (f) This frees us from perpetuating the cycle of suffering. As you may have noticed by now, this is the source for the famous “Six Steps of Maitreya,” for how we get caught in the cycle of pain.

*Meditation assignment:* 15 minutes per day, analytical meditation—think of the one thing or person which gives you the most trouble in your life, and how you might apply the six steps just mentioned in stopping this problem.

*Debate assignment:* Some time before the next class, discuss this class with one or more friends.