

1) The Four Infinite Thoughts form a lasting bridge between the ancient yoga systems of India and Tibet. What two ancient books express this bridge?

[On the Tibetan side, Keutsang Lama's *Machine of the Body* incorporates the Four Infinite Thoughts as a prayer during the asana series. On the Indian side, the four are a major theme in the first chapter of the mother of all yoga teachings from India, the *Yoga Sutra* of Master Patanjali.]

2) In what context do the Four Infinite Thoughts occur in the greatest of all Indian works on yoga?

[The Four Infinite Thoughts occur in the *Yoga Sutra* of Master Patanjali in the context of “the one, and only one, crucial practice” for stopping spiritual obstacles such as illness, doubts, and mistaken views of the world.]

3) Just after he lists the Infinite Four thoughts, Master Patanjali describes three further benefits that come from meditating upon them. Give these three.

[After introducing the four, Master Patanjali says that meditating upon them (1) “makes the mind bright and clear as pure water”; (2) gives the same effect as pranayama practices; and (3) helps us control our tendency of misperceiving the nature of the objects around us.]

4) What are the four gifts that we wish upon people as we go through the Four Infinite Thoughts?

[We wish that they could remain in equanimity, free of liking those who are close to them and disliking those who are not; that they could find happiness and the causes of happiness; that they could be free of pain and the causes of pain; that they could have joy, which here means never being without ultimate happiness.]

5) What four steps do we go through as we meditate upon each of the Four Infinite Thoughts?

[With each of the Four Infinite Thoughts, we first make a wish that the gift could happen. Then we make a decision that it *should* happen. Next we commit ourselves to see that it *does* happen, even if no one else helps us. And then finally we ask our Lama, our Angel, to help us make it happen.]

6) Why are the Four Infinite Thoughts infinite?

[The Four Infinite Thoughts are infinite because we direct them towards an infinite number of living beings in the universe.]

7) Describe the principle behind the Silent Sun meditation which comes at the beginning of the third series of Tibetan Heart Yoga.

[We are silently sending light to the Earth, aware that—because right understanding will always eventually win out over wrong—we can liberate every living being if we simply continue to warm the planet.]