



A Gift of Liberation

Course Five—The Seven Doors to Meditation

Homework Master, Class Two: Four Buddhas in One

1) In the section of the traditional text used to honor the Garden of Karma, the sky (or “road of the Angels”) is described as being composed of “indivisible bliss and voidness.” How, in a general way, does bliss relate to voidness?

2) The principal Garden of Karma, in this case, is sometimes referred to as the “Lord of the Offering to Lamas,” a being who combines four Buddhas in one. Explain.

3) What lesson for our personal lives can we learn from Pabongka Rinpoche’s statement that it is no contradiction between Lord Buddha appearing, for example, both as a simple, shaven-head monk, and as a deity typically portrayed as wearing silks and jewels, with flowing locks of hair?

A Gift of Liberation
Course Five: The Seven Doors to Meditation
Homework Master, Class Two

4) Pabongka Rinpoche says that the fact that our Lama can appear in many forms relates to a stage in the secret teachings called “the transcendent body.” How, briefly, is this relationship explained by His Holiness the First Panchen Lama?

5) In scripture, our Lama is often referred to as “the one who has shown us the three forms of kindness.” How does Pabongka Rinpoche described these three?

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, practicing again the progression of three preliminary meditation practices: from (1) total immobility to (2) counting the breath to (3) watching whether thoughts that naturally arise in our mind are focused on the past, the present, or the future. Please write here the two times that you started these meditations.