



Diamond Mountain University

Depth Course 6: Setting Fire to Your Meditation, Part III

## Homework Two: Upward Spiral

1) Describe the upward spiral that Lord Buddha taught to us in the sutra, *Heap of Jewels*:

2) Explain the analogy of eyes and light, and what Master Kamalashila is using it to prove:

3) Explain how Master Kamalashila glosses the lines of verse *place of simultaneous peace*:

4) What is the essential nature of vision?

5) What are the three qualities of vision listed in the Sera Mey monastic textbook:

6) Why do we need to do preliminaries before our meditation?

7) Give three different examples of the different types of refuge you can take, and how each can be useful for affecting a certain state of mind:

*Hypertext assignment:* On the back side of this page, write out either the Tibetan or the Sanskrit script of the quotation which starts "By maintaining pure behavior...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.