



Diamond Mountain University

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

Homework Three: Taming Our Afflicted Mind

1) Why does our level of meditation sometimes vacillate, and what can we do about it?

2) Why is it so important to keep reminding ourselves each day of our ultimate goal?

3) Describe the main obstacle to reaching vision that is stated in *True Intent of My Sutras*:

4) What does the obstacle of an afflicted state of mind prevent us from reaching?

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5) What is the root mistake?

6) List and briefly describe the steps that the Gentle One, Lord Manjushri, goes through to show us how our mind becomes mentally-afflicted:

7) According to Lord Manjushri, how do we rid ourselves of this afflicted 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 "O Child of the Gods, anyone who truly grasps that ultimately nothing at all ever begins...", and then write each English word underneath the corresponding Tibetan or Sanskrit word.