

Discovering BUDDHISM

8. Establishing a Daily Practice – Sample Assessment Questions

1. What are the six preparatory practices and what is their function?
2. Name and describe the seven limbs of the Seven-Limbed Prayer.
3. How do you know what meditations to do when structuring your daily practice?
4. What are the three main activities you can do to overcome obstacles in practice?
How do they work?
5. Describe some activities you can do in between sessions as part of an effective daily practice. Why is this important?
6. What is Lama Zopa Rinpoche's advice to Discovering Buddhism students in terms of how to practice in the morning and evening?
7. How has this module been of benefit to you?

ESTABLISHING A DAILY PRACTICE

Suggested Public Exam Questions

1. What are the six preliminary practices? Can one's life be meaningful by living it as an ordinary life, without having any or much time to quietly sit and meditate? If so, how, and if not, why not?
2. Must we have an altar for our practices? Why or why not? Give some explanations on how to set up altar.
3. What are the six purification methods explained in most texts? What are the differences between purification and accumulation of merit? Why is purification and accumulation of merit so important in our worldly life and particularly in spiritual life?
4. Name the four opponent powers and explain them briefly. Why are the practices of Vajrasattva and prostrations to the Thirty-Five Confession Buddhas more common or powerful than other practices?
5. What are the seven limb practices? Explain how each of them acts as an antidote to which specific delusions. Amongst the seven, which are for purification and which are for accumulation of merit?
6. Explain something about the mandala. Does the world exist, as it is explained in the mandala? If it exists as it is explained, why can we not see Mount Meru, which is the center of the world, as well as the other continents and sub-continents? If it does not exist as it has been explained, then why do we do this practice and what is the point of such practices?