

DISCOVERING BUDDHISM

Introduction to Tantra (Unit 13) Exam

1. What is the foundation of tantric practice (the 3 things that make it virtuous and remove the inherent dangers?) Give one reason for the necessity of each.
2. Do you need to be a Buddhist to practice tantra? Why/why not?
3. What is the unique object of abandonment in the tantric path?
4. What are the 3 gates to enter tantra? Briefly list the types of vows and commitments for each gate.
5. What criteria will you use to decide if you are ready to take an initiation?
6. What are the 4 classes of tantra? If you have had an initiation, do you recall the level and the commitments given for it?
7. Regarding taking bliss or pleasure onto the path, briefly explain the meaning of one of these analogies:
 - a. an insect that devours wood that sustains it
 - b. using poison for medicinal purposes
8. Briefly describe your experience of the 'smelling' homework (how it illustrates both dangers and opportunities of utilising desire on the path).
9. What practices are the substantial cause for the 4 complete results of a buddha (abode, body, enjoyments and deeds)?
10. In the Tara Puja there are the mandala offerings, tantric offerings (the bowls) and tormas offering (cake). What is the purpose of each of these, the reason we offer?
11. What is the purpose of generating clear appearance?
12. What is the purpose of generating divine pride?
13. How is our human life both the basis of samsara and the basis of nirvana?
14. Briefly list the steps you would follow in setting up your own retreat.
15. What are the most important points to remember about reciting the mantra in the approach practice (retreat)?
16. Briefly describe the psychological dynamic in your own relationship with the guru. What do you do to enhance or cultivate the relationship?