

DB Bodhichitta Homework

For DB certificate students

complete all assigned readings from the Discovering Buddhism CD
and the book *Liberation in the Palm of Your Hand*
practice assigned meditations
pass a test at the end of the class

DB Bodhichitta Homework 1

Check out these articles

<http://www.newsobserver.com/2011/12/09/1699151/new-experiment-finds-rats-are.html>

<http://www.physorg.com/news98466411.html>

Reading:

From CD:

Bodhichitta: The Perfection of Dharma, by Lama Thubten Yeshe

Generating the Bodhimind, by His Holiness Kyabje Ling Rinpoche

Practicing the Good Heart by Lama Zopa Rinpoche

Optional Reading:

Chapters 1 -4 *How to Expand Love*, by His Holiness Dalai Lama

Foreword, Preface, Chapters 1 & 2 *The Awakening Mind*, Geshe Tashi Tsering

Meditation

Equanimity

Interconnectedness

During your daily practice - try for 5 times this week

focus on breathing to settle the mind, set positive motivation,

recite refuge & seven limb prayer if appropriate for your daily practice

5 minute meditation on the interconnectedness of beings

each day pick out a different aspect of your day – eating breakfast, the building you work in, a sport your kid plays and investigate how many beings support that activity

5 minute meditation on equanimity

think about how all beings could be your friends, your enemies, or strangers and how some of the same people in your life have been all three, friend, enemy, & stranger – that labels are just convenient names for relative phenomena

Dedicate your positive efforts to the great enlightenment for the benefit of all sentient beings

Before sleeping - try for 5 times this week

5 minutes tonglen, look at your day and remember anything that you did that you wish you had not imagine the negativity leaving you in the form of black smoke with each exhale, the black smoke immediately goes out into space and disappears. With each inhale, imagine positive white light representing the good qualities you wish you had filling your entire body.

Then imagine all the people who did a similar negative action today also exhaling the negativity with each exhale and that too goes out into space and disappears. Imagine that they too breathe in positive white light filling them with all the positive qualities they would wish to possess.

Think or recite the Four Immeasurables.

May all sentient beings have happiness and the causes of happiness.

May all sentient beings be free from suffering and the causes of suffering.

May all sentient beings be inseparable from the happiness that is free from suffering.

May all sentient beings abide in equanimity, free from attachment for friends and hatred for enemies.

Dedicate your positive efforts to the great enlightenment for the benefit of all sentient beings

DB Bodhichitta Homework 2

Reading:

From CD:

The Kindness of the Mother by Lama Zopa Rinpoche

4th part: pages 106 – 114, *Wish-fulfilling Golden Sun* by Lama Zopa Rinpoche
Liberation in the Palm of Your Hand, 1997 gold edition (pp. 547–579) or 2006 blue edition (pp. 499-528)

Optional Reading:

Chapters 5-7 *How to Expand Love* by HHDL &

Chapter 3 *The Awakening Mind* by Geshe Tashi Tsering

Meditations - try for 5 times this week

Equanimity

Generating Bodhichitta - 1st 3 steps

Contemplate

- Reflect on 'beginningless' like a number line, what comes before a beginning?
- Think about others as not being just in the one body they currently possess – act as if they could have been your mother, father, partner, enemy in other lives – if nothing else think about what if they were my parents in this life or my partner or my children or my siblings... how would this change the way I respond to them?
- Think about how you want your life to differ from your pets? Is happiness just getting enough to eat, being safe, being able to sleep all day, being entertained?

Before sleeping - 5 minute tonglen from Homework 1

Dedicate your positive efforts to the great enlightenment for the benefit of all sentient beings

DB Bodhichitta Homework 3

Reading:

From CD: *The Nature of Compassion* by Lama Zopa Rinpoche

Liberation in the Palm of Your Hand, 1997 gold edition (pp. 579-589) or 2006 blue edition (pp. 529-537)

Optional Reading:

Chapters 8-10 *How to Expand Love* by HHDL

Chapter 4 *The Awakening Mind* by Geshe Tashi Tsering

Meditations

Equanimity

Generating Bodhichitta - all steps

Before sleeping - 5 minute tonglen from Homework 1

Dedicate your positive efforts to the great enlightenment for the benefit of all sentient beings

DB Bodhichitta Homework 4

Reading:

From CD: 4th part: pages 143 – 187, *Wish-fulfilling Golden Sun* by Lama Zopa Rinpoche
Living with Bodhichitta by Lama Zopa Rinpoche

Optional Reading:

Chapters 14 - 16 *How to Expand Love* by HHDL

Chapters 13 *Bodhichitta* by Ven Lobsang Gyatso

Ribur Rinpoche *How to Generate Bodhichitta*

Write down your own list of the disadvantages of self-centeredness and advantages of cherishing others

Meditation:

Exchanging self & other

A Daily Meditation on Four-Arm Chenrezig, by Lama Zopa Rinpoche

Before sleeping - 5 minute tonglen from Homework 1

Dedicate your positive efforts to the great enlightenment for the benefit of all sentient beings

DB Bodhichitta Homework 5

Reading:

From CD: *The Six Perfections* by Geshe Rabten
Liberation in the Palm of Your Hand, 1997 gold edition (pp. 626-646) or 2006 blue edition (pp. 573-592)

Optional Reading:

Chapters 14 - 16 *How to Expand Love* by HHDL
Chapter 6 *The Awakening Mind* by Geshe Tashi Tsering

Meditation

A Daily Meditation on Four-Arm Chenrezig, by Lama Zopa Rinpoche

Before sleeping - 5 minute tonglen from Homework 1

Dedicate your positive efforts to the great enlightenment for the benefit of all sentient beings