



The Asian Classics Institute



Diamond Mountain University

Name:
Date:
Location:
Track:
Grade:

IN-DEPTH COURSE III

Master Shantideva's Guide to the Bodhisattva's Way of Life

Exploring the Border Between You and Me

Homework, Class

1) Master Shantideva at this point in the chapter says that we should “practice the attitudes of jealousy, competitiveness, and pride.” Explain, first of all, how we do this.

2) Now explain how Master Prajnyakara Mati justifies practicing these negative attitudes.

3) So now you've exchanged yourself with another person. You are in their body, looking at your old you. Your old you is better or higher than your new you, in some way. Therefore new you is jealous of old you. What are six negative thoughts that the new us would typically be thinking now about old us? What do we, in our dark side, really want people to give us? What would it be nice for us to want for others?

4) You are another person, looking at you, this extraordinary bodhisattva. How can you keep from getting discouraged, when you compare yourself with him or her?

5) Describe the heart-breaking moment when the other person realizes that we are not the great bodhisattva that they thought we were.

6) Next we switch ourselves with others, and practice competitive thoughts. What are some of these thoughts?

Meditation assignment: 15 minutes per day, analytical meditation, think of someone who doesn't seem to have some good quality that you do have. Then switch yourself with them, and practice your same old jealousy towards you.