

## Homework for Week One (30<sup>th</sup> June 2021 teaching)

The following is my homework or assignment for the students to investigate, observe, study, reflect and contemplate for building up the correct understanding and conviction in the Mahayana path. These are related to the first session. Please share this with all the students and especially to the Rigpa teachers and for study groups.

1. Explain, "As long as minds exist or the journey of minds are not exhausted, there is no limit to the number of yanas/ vehicles". The existence of one yana to sixteen yanas including the nine yanas of the Nyingma tradition.
2. Define ground, path and fruition, and view, meditation, conduct and fruition and their significance in understanding Buddhism and its practice in relation to different yanas. Are these distinct ways to understand Buddhism and if yes, how and why?
3. Among the many enumerations of yanas, why do we choose to study Shravakayana, Mahayana and Vajrayana? Are these yanas contradictory or are progressive?
4. Explore and reflect on the interconnectedness of the three yanas
5. On the misconception about Buddhism: Are we missing the point if we consider Buddhism to be only about mindfulness meditation, or relaxing the mind, or about mask dances, mantras, empowerments, Drupchen ceremonies, or shaved heads and maroon robes, or peaceful, smiling faces, nonviolent, vegetarianism, moralistic religion or it is much more than that?

Reference sources: *Ascertaining the Three Vows* by Ngari Penchen and commentary by Dudjom Rinpoche, Chapter 1