

Dec. 20, 2019

Approaching the Buddhist Path Review
Chapter 9, Tools for the Path, page 210

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1. Share an example from your own experience when you asked a Dharma question and the response from our teacher led to even more confusion. How did you work with the confusion? Are you still working on sorting out the advice and/or how long did it take for you to sort out the advice?

2. What assumptions did you bring with you from your Western education in relation to learning the Dharma and how has that worked to increase your frustration with learning the Dharma? How have you worked with these assumptions to overcome the frustration and to accept that learning the Dharma does not resemble the methods we have used in our Western education?

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3. Identify the reasons that His Holiness the Dalai Lama gives us to avoid comparing ourselves to others when studying the Dharma.

Share from your own experience the results of comparing yourself to others and antidotes you have used to counteract the comparing mind.

Role Models

Identify two people who have been/are role models for you. What qualities stand out for you and how have they been an inspiration for you? One of the two may not be a spiritual practitioner.