



Bodhicharya

AWAKEN THE HEART BY OPENING THE MIND

Some Self Study Questions for Bodhicharyavatara, Chapter 5: *Vigilant Introspection*

This is a set of questions you can use to self assess your knowledge and understanding of the teachings and reference material relating to the fourth chapter of the Bodhicharyavatara, *Carefulness*. Please feel free to use these questions as you find helpful. This set of more or less detailed questions is by no means comprehensive or essential, but we hope they will nevertheless serve as support and perhaps give some structure while reading and re-reading the stanzas and reflecting on them.

You may answer these questions either from your memory alone or by referring to the materials you have available. All of the answers can be found in the video teachings listed below, but you can also refer to the root text *The Way of the Bodhisattva*, the transcript of Rinpoche's teachings from 1997-2001 or the commentary by Khenpo Kunpal.

BA5_1	Vigilant Introspection
BA5_2-8	How All Harm Comes from Our Mind
BA5_9-12	How All Good Things Come from Our Mind
BA5_13-17	Mind Is the Source of All Positive Things
BA5_18-22	Resolving to Guard the Mind
BA5_23	Maintaining Mindfulness and Introspection
BA5_24-28	The Disadvantages of Not Having Awareness
BA5_29-33	How to Practice Vigilant Introspection
BA5_34-44	Maintaining the Purity of Our Actions
BA5_45-49	Protecting the Training from Declining. Part 1
BA5_50-53	Protecting the Training from Declining. Part 2
BA5_54-55	The Nine Points of Practicing Virtue
BA5_56-58	Maintaining the Discipline of Refraining from Negativity
BA5_59-70	Lessening Our Attachment to Our Body in Order to Accumulate More Positive Actions
BA5_71-75	How to Accumulate More Positive Deeds. Part 1
BA5_76-83	How to Accumulate More Positive Deeds. Part 2
BA5_84-90	How to Work for the Benefit of Others. Part 1
BA5_91-96	How to Work for the Benefit of Others. Part 2
BA5_97-109	Additional Instructions & Conclusion

Chapter 5 Questions

Questions 1 - 2 (BA5_1)

1. What are the 4 main sections or topics of the Fifth Chapter, *Vigilant Introspection*, as outlined in teaching BA5_1?
2. Why is it so important to have this vigilant introspection/awareness of what is going on within our mind?

Questions 3 - 4 (BA5_2-8, BA5_9-12, BA5_13-17)

3. What are the three points in the above mentioned section 1? (BA5_2-8)
4. "The Six Paramitas also come from the mind." Elaborate on this in the context of the Fifth Chapter. (BA5_9-12, BA5_13-17)

Questions 5 - 8 (BA5_23, BA5_24-28, BA5_29-33, BA5_34-44, BA5_45-49, BA5_50-53, BA5_54-58)

Concerning section 3:

5. What is mindfulness and what is introspection/awareness, in terms of the Fifth Chapter? (BA5_23) What kind of disadvantages will follow if we don't have them? (BA5_24-28)
6. What are the three *shilas* of Mahayana discipline? (BA5_34-44)

Concerning the first shila:

7. What are the 27 Sources of Misconduct that we should be mindful and aware of? (BA5_45-49, BA5_50-53) Why should we "remain like a log" in these and similar situations? (From BA5_34-44 onwards)
8. What are the Nine Points of Practicing Virtue that Shantideva gives as a guideline? (BA5_54-58)

Question 9-10 (BA5_59-70, BA5_71-75, BA5_76-83)

Concerning the second shila:

9. Elaborate on some of the actions listed as accumulation practices. (BA5_71-75, BA5_76-83)
10. What are the field of excellence, field of benefit and field of sorrow? (BA5_76-83)

Questions 11 – 12 (BA5_84-90, BA_91-96)

Concerning the third shila:

11. What are the 3 points explained regarding the third shila? (BA5_84-90, BA5_91-96)
12. Describe how to practice one day as a whole life cycle. (BA5_91-96)

Question 13 (*BA5_97-109 and the whole chapter*)

13. While studying this chapter, have you become more aware of your actions and reactions of body, speech and mind? Have you applied some of the given practices, and/or used your daily life situations as a way of practice? Reflect on your experience.