

# **LAMA CHO.PA LEVEL 1 QUESTIONNAIRE**

[For 12 week course @ Gaden Choling Buddhist Centre, Toronto, Canada, fall 2008. Instructor: Chuck Damov]

- 1. A] WHAT LANGUAGE IS “LAMA CHO.PA”?  
B] WHAT LANGUAGE IS “GURU PUJA”?**
- 2. WHAT IS THE ENGLISH TRANSLATION OF THE TERM  
“LAMA CHO.PA / GURU PUJA”?**
- 3. WHO COMPILED THE LAMA CHO.PA / GURU PUJA CEREMONY?**
- 4. WHAT ARE THE 9 SPIRITUAL BENEFITS OF THE LAMA CHO.PA GURU  
YOGA PRACTICE AS DESCRIBED BY ZASEP TULKU RINPOCHE IN HIS  
OCTOBER, 2002 COMMENTARY GIVEN AT GADEN CHOLING CENTRE?**
- 5. WHO IS THE MAIN OBJECT OF GURU YOGA IN THE LAMA CHO.PA  
CEREMONY?**
- 6. WHAT ARE THE 5 MAIN PRACTICES OF THE LAMA CHO.PA  
GURU YOGA CEREMONY?**
- 7. HOW DOES THIS PRACTICE HELP ONE TO DEVELOP RENUNCIATION,  
AND FREE ONESELF FROM SUFFERING AND DISCONTENTMENT?**
- 8. HOW DOES THIS PRACTICE HELP ONE TO DEVELOP COMPASSION,  
LOVE, AND BODHICHITTA, SO THAT ONE CAN SERVE OTHERS?**
- 9. HOW DOES THIS PRACTICE HELP ONE TO REALIZE EMPTINESS AND  
THE PERFECT VIEW OF THE MIDDLE WAY?**
- 10. HOW DOES THIS PRACTICE HELP ONE TO PRACTICE THE 2 STAGES  
OF HIGHEST YOGA TANTRA?**