

LAMA CHO.PA LEVEL 1

TEST WITH ANSWERS

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

1. A) WHAT LANGUAGE IS “LAMA CHO.PA”?

Tibetan

B) WHAT LANGUAGE IS “GURU PUJA”?

Sanskrit

2. WHAT IS THE ENGLISH TRANSLATION OF THE TERM “LAMA CHO.PA / GURU PUJA”?

Offering to the Lama / Guru

3. WHO COMPILED THE LAMA CHO.PA / GURU PUJA CEREMONY?

The 1st Pan.chen Lama, Lozang Chokyi Gyeltsen [ca. 1600's c.e.]

4. WHAT ARE THE 9 SPIRITUAL BENEFITS / PURPOSES OF THE LAMA CHO.PA GURU YOGA PRACTICE AS DESCRIBED BY ZASEP TULKU RINPOCHE IN HIS OCTOBER, 2002 COMMENTARY GIVEN AT GADEN CHOLING CENTRE?

- 1. To accumulate merit*
- 2. To purify karmas of the past*
- 3. To purify delusions*
- 4. To heal one's body, speech and mind*
- 5. To understand the nature of our mind [Mahamudra]*
- 6. To increase realizations of bodhichitta, sunyata / emptiness, and the 6 Paramitas / Perfections*
- 7. To improve mindfulness*
- 8. To overcome obstacles in daily life and Dharma practice*
- 9. To learn more about Guru-yoga [tib. = Lama nel.jor], and to integrate the practice of Guru –yoga into our daily life.*

5. WHO IS THE MAIN OBJECT OF GURU YOGA IN THE LAMA CHO.PA CEREMONY?

*Our root guru as [tib.] Lama Lo.zang Thub.wang Dorje.chang
[skt.] Guru Sumati Shakyamuni Vajradhara*

6. WHAT ARE THE 5 MAIN PRACTICES OF THE LAMA CHO.PA GURU YOGA CEREMONY?

- 1. Inviting [the Field of Merit, = Lama Cho.pa tsog zhing]*
- 2. Offering [the practice of the 7 limbs]*
- 3. Requesting [blessings, inspiration and strength to develop one's practice]*
- 4. Receiving [blessings, inspiration and strength to develop one's practice]*
- 5. Uniting [one's Buddha-nature / mind with your Lama as Lo.zang Thub.wang Dorje.chang]*

7. HOW DOES THIS LAMA CHO.PA PRACTICE HELP ONE TO DEVELOP RENUNCIATION, AND FREE ONESELF FROM SUFFERING AND DISCONTENTMENT?

By requesting and receiving inspiration from one's lama to learn and meditate on the first 5 verses of the extended Lam.rim prayer at the end of the sadhana. These verses include the teachings for practitioners of initial and intermediate spiritual motivations [scopes].

[1. Guru devotion, 2. developing the wish to take the essence of life's spiritual potential, 3. fearing suffering, 4. taking refuge in Buddha, Dharma and Sangha, 5. creating good karma and abandoning creating negative karma, 6. developing renunciation, the wish to be free of all suffering, and 7. the practice of the 3 higher trainings of higher morality, higher concentration, and higher wisdom, which are the actual practices leading to freedom from all suffering, Nirvana]

8. HOW DOES THIS LAMA CHO.PA PRACTICE HELP ONE TO DEVELOP COMPASSION, LOVE, AND BODHICHITTA, SO THAT ONE CAN SERVE OTHERS?

By requesting and receiving inspiration from one's lama to learn and meditate on the next 17 verses of the extended Lam.rim prayer. These verses include the teachings for practitioners of greatest spiritual motivation [scope].

[1. Equalizing and exchanging self with others, 2. transforming adversity into spiritual benefit [lo.jong], 3. developing Bodhichitta, 4. taking Bodhisattva vows, and 5. practicing the 6 Paramitas / Perfections of a Bodhisattva.]

9. HOW DOES THIS LAMA CHO.PA PRACTICE HELP ONE TO REALIZE EMPTINESS AND THE PERFECT VIEW OF THE MIDDLE WAY [skt. MADHYAMAKA] ?

By requesting and receiving inspiration from one's lama to learn and meditate on the next 3 verses of the extended Lam.rim prayer. These verses include the teachings on the Perfect view of the Middle Way.

[1. How to realize emptiness, 2. how to experience the world of appearances, and 3. how to realize the inseparable unity of appearances and emptiness, which are the 2 levels of reality]

10. HOW DOES THIS PRACTICE HELP ONE TO PRACTICE THE 2 STAGES OF HIGHEST YOGA TANTRA?

Based on developing the above motivations of renunciation and Bodhichitta, and by developing one's understanding of the Perfect view, by then requesting and receiving inspiration from one's lama to learn about, and [if one has received an appropriate Highest Yoga Tantra initiation in the golden Gaden lineage] meditate on the next 3 verses of the extended Lam.rim prayer. These verse include teachings on how to enter into and practice Highest Yoga Tantra.

[1. how to take initiation and tantric vows, 2. how to practice generation stage, and 3. how to practice completion stage].

END OF TEST