

Embodied Buddhism – Mid- Term Exam

2022-2023

Class 1 – Maps and Stages

1. Define the Greek word Euthymia –
2. Give a definition of the generic term Awakening -
3. List the Five Paths of Buddhism in the Mahayana tradition.
4. List the Four Paths of Buddhism in the Theravadin Tradition.
5. What subschool are both Prasangika and Svatantrika a part of and what is this subschool a part of?

Class 2 – Emptiness as the Womb of Compassion

1. Give any definition of what emptiness means in Buddhism. (You are welcome to discuss our example of Carlo Rovelli’s discussion of rocks and kisses or talk about it any other way you’d like.)
2. Joan Halifax has noted that compassion is the antidote to empathic distress (often wrongly called “compassion fatigue”). If compassion is the antidote to empathic distress what’s the difference between empathy and compassion?
3. Why is Emptiness the Womb of Compassion? (This is a very difficult question and is an open living question. Just consider what we’ve discussed and do your best.) Or to say it another way why does deepening our understanding of emptiness help us cultivate compassion? Or asked even yet another way why is it that, as teacher Barbara Du Bois puts it:

“When the thick hide of appearances is pierced by the arrow of emptiness what ours forth is the milk of limitless love.”

4. Define what is meant by Soteriology in Buddhism.

Class 3 – The Secret Body

1. Define the following words:

- a) Chakra -
- b) Nadis -
- c) Ida -
- d) Pingala -
- e) Sushumna -

Class 4 – Ethics – The Pathway to Bliss

1. Define Avidya and explain why it is not just ‘ignorance’ –
2. What are the three foundational types of Avidya we looked at? (Hint: in Buddhism these are also called the Three Marks of Existence)
3. Describe a situation in which possessing one of these types of avidyas in the mind would lead to an immoral act.

Class 5 – Death and Being with Dying

1. Define the word Bardo –
2. When do each of the following Bardos begin and end:

- a) The Bardo of Life -
- b) The Bardo of Dying -
- c) The Bardo of Luminosity – (we didn't discuss this much but just take a guess)
- d) The Bardo of Becoming –

3. What is the goal of Phowa practice?

Class 6 - Being w/ Dying Part 2

1. In helping us begin to consider our own death and the dying of loved ones we talked about practicing what I call Liminal Endurance or what John Keat's calls Negative Capability. Please define this in a way that makes sense to you and write a sentence or two about how that helps us be with our own or others dying process.

2. What are some common signs that show up in the following stages of the dying process:
 - a) 1-3 months before death:
 - b) 1-2 weeks before death:
 - c) 1-2 days before death:

3. We looked at 8 signs or sensations that are articulated in the phowa teachings that happen as we are dying and losing connection with this world. What are those 8 signs that the Tibetan system says we all go through and that it is valuable to become familiar with?

1)

2)

3)

4)

5)

6)

7)

8)