

DB Mod 1 Quiz Session 1 Mind & Its Potential

Question 1

In Buddhist teachings, how many mental events are said to be in a single finger snap?

Question 2

In Buddhist teachings, it is said that in every single finger snap, karmic actions are completed, or karma is created.

Select one:

True

False

Question 3

The nature of the momentary stream of consciousness is a fluid and ceaseless flow of thoughts, emotions, judgments, feelings and so forth which are impermanent and free of any inherent or essential characteristics.

Select one:

True

False

Question 4

Karmic imprints that we have generated through our actions, speech, and thoughts remain associated with that mind that is moving into a new life and retain their ability to influence future thoughts and actions.

Select one:

True

False

Question 5

Fill in the missing text from the options at the bottom
Each moment of mind is a discrete instance of consciousness
The cause of each mind moment, each of our thoughts, emotions, projections and so forth, is
Consciousness
the mind moment that went before / can only arise from a similar non-physical cause / dependent on and arising from the previous moment of consciousness

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Question 6

Draw a line to the missing text from the options at the right	
Buddha-nature is sometimes referred to as ? – the seed of buddha, of enlightenment or awakening.	manifest potential expandable
In Sanskrit this is called ?	tathagatagarbha samvrtisatya tattvasamgraha
? is one of the epithets of a buddha, a generic name for an enlightened being meaning one who has thus gone.	Samvrti Tathagata Tattvasam
? means “seed” or “nucleus”.	Satya Garbha Graha

Question 7

Draw a line to the missing text from the options at the left:	
luminous and knowing	Mind or consciousness is a multi-layered, multi-function entity. It is defined in Mahayana Buddhist literature as that which is ? , or mere clarity and awareness. It is the medium through which we are able to know ourselves, others, the world around us; to know both internal and external things.
conscious and expansive	Every state of mind can be defined by these fundamental qualities, clarity and awareness. ‘Every state of mind’ means just that. It includes positive states such as selfless love, as well as negative ones such as anger.
Awareness Mere Clarity	? has the connotation of arising - the mind gives rise to something.
Awareness Mere Clarity	? means knowing the object, holding/grasping the object, engaging with the object, entering into the object; sometimes referred to as ‘taking the aspect of the object.’
Awareness Mere Clarity	? means nothing else needs to be present or to be going on in order to have mind.

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Question 8

Please select four characteristics of the mind from the list below:	
<input type="checkbox"/>	Mind is not physical and has neither form nor colour.
<input type="checkbox"/>	The mind stops completely during deep sleep
<input type="checkbox"/>	Emotions are part of the mind
<input type="checkbox"/>	The mind is a constantly flowing and constantly changing stream of experiences.
<input type="checkbox"/>	The mind has the function of knowing or experiencing things (through the five senses or through thinking)
<input type="checkbox"/>	The mind is part of the body and consists of physical material parts.
<input type="checkbox"/>	In a human being the mind does not depend on the brain and nervous system, the sense organs and awareness for its functions and expression.
<input type="checkbox"/>	The brain is the same as the mind or consciousness.

Question 9

According to Buddhism, intention is karma.

Select one:

True

False

Question 10

A subtle level of consciousness is when your five sense consciousnesses are operating, and your mental consciousness is interpreting, thinking, reacting; working things out, trying to understand or make sense of what you see, hear and so forth.

Select one:

True

False

Question 11

Is it possible to have more than one mental event occurring at one time? For example, is it possible to have a moment of anger and a moment of love at the same time?

Select one:

No

Yes

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Question 12

In the breathing meditation it is recommended to bring your attention to your lower abdomen (just below your navel) where you can feel expansion and contraction as you inhale and exhale.

The advantage of using the lower abdomen as your focal point is that it helps to settle the mind or bring the mind down.

Select one:

True

False

Question 13

The meditations with this course are an essential part of the process for deepening your understanding of the teachings and for integrating the materials.

Select one:

True

False

Question 14

Buddha-nature is an utterly pure spiritual essence or consciousness present within us from the beginning of every lifetime. It is eternal and uncontaminated by any of the activities of our grosser levels of consciousness; even the most evil thoughts and deeds cannot make an impression on our buddha-nature.

Select one:

True

False

Question 15

Thubten Yeshe introduces a **motivational reflection** and **breathing meditation** in this course.

Circle the option:

The purpose of the **motivational reflection / breathing meditation** is to clear and settle the mind, creating a focused and receptive inner environment within which there is space for the teachings and where they can take hold.

The purpose of the **motivational reflection / breathing meditation** is to set your intention for study and meditation, or any other actions during your day, grounding your work in the reality of your aspirations and goals. It creates a

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framework within which your study and meditation become meaningful, giving these activities direction and purpose.

Question 16

In Buddhism, mind or consciousness is the same as our brain or our intellectual or cognitive functions.

Select one:

True

False

Question 17

It is possible to purify negativity in the mind by generating and expressing positive energy, thoughts, attitudes in your mind and life.

Select one:

True

False

Question 18

Please select **five** times when the clear light consciousness manifests, even momentarily.

Select one or more:

<input type="checkbox"/>	Trained meditators can use advanced techniques to experience this consciousness.
<input type="checkbox"/>	It manifests momentarily at the moment of orgasm.
<input type="checkbox"/>	It manifests momentarily when you do exercise.
<input type="checkbox"/>	It manifests at the time of death.
<input type="checkbox"/>	It manifests momentarily when you sneeze.
<input type="checkbox"/>	It manifests momentarily when you watch the breath in meditation.
<input type="checkbox"/>	It manifests momentarily when you faint.
<input type="checkbox"/>	This consciousness cannot be experienced until enlightenment.

Question 19

The Tibetan term for buddha is:	Bodhi. Chittasang. Gyejang. Chub.
It means awakened or purified, that is transformed, and fully developed.	

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Awakening refers to waking from an unconscious state, from the stupor and darkness of confusion and ignorance. It also means awakening to one's full potential.

Development refers to the complete realization of pristine awareness, or buddha-mind. So, a buddha is totally awake, open, and free from obscurations.

Question 20

Please select the **two** continuum of levels of consciousness described in the teachings, from the list below.

Select one or more:

<input type="checkbox"/>	The inherently existing continuum of the clear light mind.
<input type="checkbox"/>	The beginningless continuum from moment to moment, from life to life, a momentary stream of consciousness.
<input type="checkbox"/>	The dependent arising continuum from causes and conditions and parts.
<input type="checkbox"/>	The multi-layered continuum from gross everyday level of waking consciousness to the most subtle innermost level of consciousness called buddha-nature, or the fundamental innate mind of clear light.

Question 21

What separates from the physical body and travels from life to life?

Select one:

<input type="checkbox"/>	The gross level of consciousness.
<input type="checkbox"/>	A new consciousness created at the time of a new birth.
<input type="checkbox"/>	The fundamental mind of clear light – buddha-nature.
<input type="checkbox"/>	A contaminated consciousness due to negative karmic actions.

Question 22

In the teachings, the clear light consciousness is considered the most subtle level of consciousness.

Select one:

True

False

Question 23

What are the two aspects of buddha-nature?

Select one or more:

<input type="checkbox"/>	Contaminated buddha-nature.
<input type="checkbox"/>	Distorted buddha-nature.

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	Consciously nurtured or developed buddha-nature.
	Inherently existing buddha-nature.
	Naturally abiding buddha-nature.

Question 24

Choose the correct meaning from the options:

Buddha is a **Tibetan / Sanskrit** word stemming from an Indo-European root - bheudh meaning **to teach / to wake up, to become conscious or aware**. It is a generic title for anyone who has attained perfect spiritual awakening.

Notes:

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FPMT is an organization devoted to the transmission of the Mahayana Buddhist tradition and values worldwide through teaching, meditation and community service.

