

Together on the Path

18-May-2021

Take a few minutes to get to know each other :)

Questions

1. What came to mind when doing this meditation?
2. What are the characteristics of the gods in the formless realm and the gods in the desire realm, respectively? ([flip to next page for help](#))
3. What's the danger of being too attached to the state of samadhi? Why is meditation not enough?
4. Why is a human life similar to the life of animals? What's the difference?
5. What are the 10 non-virtuous actions? Please list! ([flip to next page for help](#))
6. What makes a human rebirth the best possible way to achieve enlightenment?
7. The three higher training are: Ethics, meditation and wisdom. Why would ethics possibly be the most important of the three trainings?
8. What are the 5 heinous actions that constitute heavy karma and thus lead to an instant rebirth in the three lower realms? ([flip to next page for help](#))

Question 2:

Longlifegod in the formless realm

- Subtle bodies
- Preoccupied with their subtle mind
- Unable to communicate with anybody
- No progression
- Always in total bliss
- They believe, wrongly, that this state is liberation
- Still subject to ignorance, karma and afflictions
- Eventually experience separation from the other gods
- Start smelling, decaying (karma ripening)
- Experience clairvoyance, foretelling next rebirth, despair

God in the desire realm

- Constantly fighting with each others
- Constantly dismembered, being parted from their limbs and waking up with new parts
- Constantly jealous and suspicious
- They have it all, but still craving even more - and then lose their lives, only to be reborn in a new realm

Question 5: The 10 non-virtues

1. Taking life
2. Taking what is not given
3. Sexual misconduct
4. Lying
5. Sowing discord
6. Harsh speech
7. Idle gossip (or worthless chatter)
8. Covetousness
9. Ill will (or wishing harm on others)
10. Wrong views

Question 8: The 5 heinous actions

1. To kill my mother
2. To kill my father
3. To kill an arhat
4. To cause disunity amongst the Sangha
5. To wound a buddha