

Essence of the Heart Sutra
by The Dalai Lama

Read pages 41-55. Please prepare a short review of Chapter 3.
Answer these questions as a summary:

1. What is the root of all afflictions? _____
2. What is the root of all suffering? _____
3. What are known as the true origins or cause of suffering?
_____ and _____
4. These are known as the _____ of true suffering.
5. Deep insight into _____ arising is the true path.
6. The freedom we attain through cultivation of _____ is true
_____.

Contemplate: What do we take refuge in? How does taking refuge act as a form of dependent arising? Why do we take refuge? How does refuge protect us? What are we trying to escape? What are we trying to attain? What do we begin with to eliminate the mental afflictions?