

Discussion Questions: Mahayana Class 6 (Pages 47-67 “Everything is Mind”)

- 1) How do we work with the Chittamātra view in our practice and studies? How should we apply it to our understanding of mind and phenomena?
- 2) Describe meditation practices that are based upon the Chittamātrin philosophy.
- 3) Explain the statement “all three realms are mind only.”
- 4) Elaborate on the difference between “appearing to ourselves” and “appearing to others.” Illustrate with some examples.
- 5) What is meant by the term “mistaken appearances?”
- 6) Discuss the two aspects of the ālayavijñāna: “the consciousness that takes in” and “the consciousness which provides the condition.”
- 7) Describe the six realms delineated by the Buddha to explain the physical universe inhabited by sentient beings.
- 8) Explain the differences between the hīnayāna and mahāyāna views of the six realms.
- 9) What are taught to be the dominant emotions in each of the six realms?