



## Final Exam

### MD 101E Meditation 1: Introduction to Meditation

The 2nd Semester of the Academic Year 2011

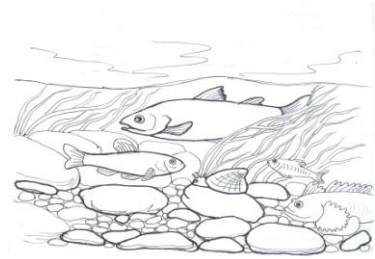
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Select an answer to each question by putting an x on the space provided in the answer sheet.

1. Which of the following statements is correct?
  - a. Of all creatures, only human beings can practice sammaa samaadhi (Right Meditation).
  - b. Monks can practice meditation better than laypeople because their minds are calmer.
  - c. Meditation practitioners should be young because younger people are freer from anxiety.
  - d. Every human being is able to practice meditation from birth.
  - e. A person who keeps the eight precepts should have better meditation practice than a person who keeps the five precepts.
  
2. Which of the following is **not** one of the elements found in the human body?
  - a. Earth.
  - b. Fire.
  - c. Mind.
  - d. Wind.
  - e. Water.
  
3. How can meditation help one to study?
  - a. Helping one *guess* the examination questions in advance.
  - b. Having the insight to *know* the examination questions in advance.
  - c. Helping brighten the mind to remember better during revision.
  - d. Inspiring one to study more diligently.
  - e. Helping make one more endearing to one's teachers.
  
4. Which of the following is **not** a working function of the mind?
  - a. Transforming moods into to images.
  - b. Remembering sensory images.
  - c. Categorizing various data as good or bad, pleasurable, unpleasurable or neutral.
  - d. Making the decision to believe or accept various images.
  - e. Processing images via the senses.
  
5. Which of the following is the natural state of the mind?
  - a. Deterioration.
  - b. A single sphere.
  - c. Regularity.
  - d. Hard to control.
  - e. Stable.

6. Sandra mourns for her recently deceased mother and she **cannot** keep her mind still. What best describes the natural state of her mind?
- Restless.
  - Hard to control.
  - Hard to keep in one place.
  - Distracted.
  - All of the above.
7. Which statement about meditation practice is **incorrect**?
- It can be practiced at any time
  - The more desire, the less achievement.
  - Stay calm even if you do not see anything.
  - Practice using a convenient method, in accordance with your understanding
  - Continuously observe the darkness that appears at the centre of your body.
8. Which type of meditation causes mental object illusion?
- Placing the mind outside the body.
  - Placing the mind inside the body.
  - Placing the mind at the eyes.
  - Placing the mind at a lit candle on a Buddhist altar.
  - Both a and d.
9. How many channels [*dvara*] does the mind use to perceive things?
- Three channels.
  - Four channels.
  - Five channels.
  - Six channels.
  - Seven channels.
10. "Meditation is to bring perception, memory, thought and cognition to a single point at the center of the body." Whose description of was this?
- The Lord Buddha.
  - Phramonkolthepmuni.
  - Phrarajabhavanavisudh.
  - Khunyai Maharatana Upasika Chandra Khonnokyoong.
  - Another Buddhist monk.
11. Which of the following is **not** a characteristic of mind which can be attained in basic meditation?
- Purity.
  - Stability.
  - Unclouded.
  - Workability.
  - All of the above.

12. Which of the following are characteristics of mind in basic meditation?

- a. Pure, stable and workable.
- b. Clean, bright and calm.
- c. Pure, bright and calm.
- d. Stable, bright and calm.
- e. Clean, workable and bright.



13. What metaphor concerning meditation does the above picture describe?

- a. Still waters flow deep.
- b. Fish can be seen in clear, cold waters.
- c. Keep muddy water within, but clear waters outside.
- d. Conserve natural resources to have fresh drinking water.
- e. Just as you can see crabs and fishes in transparent water, everything can be seen in the transparent mind.

14. If the mind is compared to water in a glass, what would the precipitate at the bottom of the glass represent?

- a. Stress.
- b. Defilements.
- c. Ignorance.
- d. Dirt.
- e. Human excrement.

15. Why does meditation practice results in more merit than making offerings and maintaining the precepts?

- a. Because it can eliminate greed, anger, and obsession.
- b. Because it can free human beings from the sensual realm.
- c. Because it can be practiced as one wants, in any place and at any time.
- d. Because it enables a person to go to heaven easily.
- e. Because it is easier than making offerings and maintaining the precepts.

16. Which of the following is **not** an example of practising meditation for attaining Dhammakaya?

- a. Jane meditates every night before going to bed.
- b. Sam recalls the mental object while washing-up.
- c. Pete prays for her husband to quit drinking.
- d. Whitey imagines brightness at his center while reading a book.
- e. Michelle stills her mind at the center of the body.

17. Which statement best describes the benefits of meditation for householders?

- a. It produces leaders with whom others can easily comply.
- b. It enables a person to perform any sort of work without conditions, excuses, and limitations.
- c. Householders must meditate more than single people and receive greater benefits from their meditation than single people.
- d. It makes a person charming and attractive to the opposite sex.
- e. All of the above.

18. Is it possible to meditate in any posture? Explain.
- No, you can only meditate sitting cross-legged.
  - No, because you cannot find the center of the body outside of the sitting position.
  - Yes, the mind can attain meditation in any posture, provided it has an object to focus on.
  - Yes, the more often we try to meditate irrespective of posture, the easier attainment will become for us.
  - Yes, but only if we have mindfulness of all our bodily movements.
19. Which type of work requires concentration?
- Drawing.
  - Carving.
  - Writing.
  - Garland-making.
  - All types of work.
20. Why do most people underestimate the importance of meditation practice?
- They think that meditation is so easy that they can start anytime.
  - They think that meditation is free of charge and therefore worthless.
  - They think that meditation is a waste of time.
  - They think that meditation will give them hallucination.
  - They think they can do without meditation.
21. Which type of meditation may lead to hallucinations?
- Focusing the mind outside the body.
  - Focusing the mind inside the body.
  - Focusing the mind at the center of the body.
  - Both a and b.
  - a, b, and c.
22. Which of the following levels of concentration does one employ when reading a book?
- Kha.nika-samaadhi*.
  - Upacara-samaadhi*.
  - Appanaa-samaadhi*.
  - Lokuttara-samaadhi*.
  - Superficial concentration.
23. Which of the following is an example of meditation by focusing the mind *outside* the body?
- Ann recollects the candle light in front of her.
  - Gaby focuses her attention at the center of her head.
  - Mary practices mindfulness in all her bodily postures.
  - Krissy closes her eyes relaxing and thinks of nothing.
  - Jane recollects the moon at the center of her abdomen.
24. Why is meditation by focusing the mind outside the body so widespread?
- It calms the mind more efficiently.
  - It is the way to attain Nirvana.
  - Most people are used to concentrating on things outside the body in everyday life.
  - It gives rise to mental powers.
  - All of the above.

25. What are the advantages of meditation by focusing the mind inside the body?
- Attaining the Triple Gem.
  - A calm and peaceful mind.
  - The ability to see hell and heaven.
  - Stilling the mind quickly.
  - All of the above.
26. Which of the following sorts of meditation do **not** involve focusing the mind on some part of the body?
- Focusing on the in and out breath.
  - Focusing the rising and falling of the abdomen.
  - Focusing on a bright crystal ball at the center of the abdomen.
  - Focusing on a star at the center of the abdomen.
  - Focusing on a crystal ball at the navel.
27. Which of the following are categories of meditation practice?
- The ten visual objects. [*kasi.na*]
  - The ten loathsome objects. [*asubha*]
  - The ten recollections. [*anusati*]
  - The four divine abidings. [*brahmavihaara*]
  - All of the above practice.
28. Which of the following is a form of wrong meditation [*micchaa samaadhi*]?
- Monks meditating to reduce defilements.
  - Gamblers focusing on a card game from dawn 'til dusk.
  - Billiard players focusing on the end of their cues.
  - A gunman looking down the sights at his prey.
  - A spiritual medium who allows themselves to be possessed.
29. Which of the following is a Buddhist form of meditation?
- Lying on a bed of nails.
  - Meditation stripped of all one's clothes.
  - Walking on burning coals.
  - Meditation on the power of universe.
  - Tibetan meditation.
30. Which of the following is **not** on the pathway of the seven bases of the mind?
- The nostril.
  - Corner of the eyes.
  - Center of the throat above the Adam's apple.
  - Center of the head.
  - Two finger's breadths below the navel.
31. Which of the following points are along the pathway to the center of the body?
- The seventh base, two finger breadths above the navel.
  - The sixth base at the navel.
  - The fifth base at the center of the throat.
  - b and c.
  - a, b and c.

32. What is the scientific name of the center of the body (the seventh base)?
- The focal point of the body.
  - The center of gravity of the body.
  - The balancing point of the body.
  - The center of the body.
  - The effortless point of the body.
33. Which of the following are identifying features of yoga-style meditation?
- Focusing one's attention at the abdomen.
  - Focusing on the vital breath [*praa.na*] at the abdomen.
  - Exercise and focusing the mind on various parts of the body.
  - Repetition of a mantra.
  - b and c.
34. How does meditation in Soto Zen differ from that in Rinzai Zen?
- One sits still with eyes open, a reciting mantra.
  - One sits for meditation with closed eyes.
  - One sits for meditation with closed eyes, reciting the mantra "*Sammaa-ara.ha.m*".
  - One focuses on the in and out breath, reciting "*bud-dho*".
  - None of the above.
35. What sort of meditation is identified by focusing on the in and out breath, and reciting the mantra "*bud-dho*"?
- Rising and falling.
  - Aanaapaanasati*.
  - Upamaanusati*.
  - Devataanusati*.
  - kasi.na*.
36. Which of the following is **not** a feature of 'rising and falling' (*yup-nor pong-nor*) meditation practice?
- The Four Foundations of Mindfulness [*satipa.t.thaana*].
  - Focus at the abdomen and reciting a mantra.
  - Walking meditation.
  - Focus on the in and out breath.
  - Focus on the different positions of the body.
37. Which of the following statements is **incorrect**?
- Aanaapaanasati* is meditation where one focuses the mind inside the body.
  - Yup-nor pong-nor* is meditation where one focuses the mind inside the body.
  - Rinzai Zen* is meditation practice where one focuses the mind inside the body.
  - Practice for attaining Dhammakaaya* is meditation practice where one focuses the mind at the center of the body.
  - Yoga-style meditation* is meditation practice where one focuses the mind outside the body.

38. What is meant by the Buddha-Gem [*Buddha-ratana*]?  
 a. The Triple Gem.  
 b. The Dhammakaya.  
 c. A Buddha image.  
 d. Prince Siddhartha's body.  
 e. b and e.
39. Where can the Buddha-Gem be found?  
 a. In the Buddhist textbooks.  
 b. On the shrine tables.  
 c. At the seventh base of the mind.  
 d. At archaeological digs.  
 e. At Dhammakaya Temple.
40. Which of the following best defines meditation practice for attaining Dhammakaya?  
 a. The method rediscovered by Phramonkolthepmuni.  
 b. Meditation practice where one focuses the mind at the seventh base of the mind.  
 c. A practice that deviates from the *The Path of Purity* text (*Visuddhimagga*).  
 d. Focus on the in and out breath while reciting *Bud-dho*.  
 e. All of the above.
41. Which of the following is the best parable for meditation practice?  
 a. Finding a needle in a haystack.  
 b. Rubbing two sticks together to get fire.  
 c. Pulling up weeds without leaving the roots.  
 d. You reap what you sow.  
 e. One starts out in life crooked but is forthright in the end.



A. Lively



B. Guilty



C. Easily-excited



D. Awkward



E. Exuberant



F. Bad-tempered

42. Which of the temperaments shown in the above pictures are amenable to meditation practice?  
 a. Awkward & Exuberant.  
 b. Lively, Easily-excited & Exuberant.  
 c. Lively & Exuberant.  
 d. Lively, Easily-excited, Awkward & Exuberant.  
 e. All of the above.

43. Which of the temperaments shown in the above pictures are **not** amenable to meditation practice?
- Guilty, Easily-excited, Awkward & Bad-tempered.
  - Awkward & Exuberant.
  - Lively & Exuberant.
  - Lively, Easily-excited, Awkward & Exuberant.
  - Lively, Easily-excited & Exuberant.
44. Which of the following is **not** someone capable of training themselves in meditation?
- The dead.
  - Thinkers.
  - Those who are ill.
  - Musicians.
  - Actors.
45. Which of the following temperaments is **not** amenable to training in meditation?
- Obsession.
  - Sorrow.
  - Resentment.
  - Fun-loving.
  - All of the above.
46. Which of the following temperaments renders people incapable of training themselves in meditation?
- Happy or joyful.
  - Insane or dead.
  - Crazy or nervous.
  - Nervous or sad.
  - Sad or sorrowful.
47. Which of the following will **not** be able to train themselves in meditation?
- Mad people.
  - People who practise precepts.
  - People who give alms.
  - People who listen to Dhamma teachings.
  - People who spread loving kindness.
48. Which of the following people has a character amenable to meditation practice?
- Norman who is talkative.
  - Pete who is fashionable.
  - Aaron who loves solitude.
  - Penny who is peaceful.
  - Sue who is a travel lover.
49. Which of the following people is still able to practice meditation?
- Jill who has hepatitis.
  - Jack who has cancer.
  - Jim who is having surgery on the operating table.
  - Jerry who is mentally ill.
  - a, b & c.

50. Would giving up watching films and listening to music help people meditate better? Give reasons for your answer.
- No, because they'll suffer from increased stress.
  - No, because they'll suppress their emotions.
  - No, because life will be bland.
  - Yes, because the mind won't be cluttered up with profane sounds and images.
  - Yes, because the mind will have clear insulation from the outside world.
51. Which of the following are features of meditation practice for attaining Dhammakaaya?
- Imagining a bright crystal ball as mental object.
  - Reciting the mantra '*Sammaa-ara.ha.m*'.
  - Focusing at the seventh base of the mind.
  - Imagining a Buddha image as mental object.
  - All of the above.
52. Which of the following is **not** considered a Theravaada method of meditation practice?
- Mindfulness of breathing [*anaapaanasati*].
  - The 'Rising and Falling' Method [*yup-nor pong-nor*].
  - Meditation Practice for attaining Dhammakaya.
  - Zen meditation practice.
  - a, b & c.
53. Which of the following is the best method to still one's mind?
- Watching the crime news to awaken oneself to impermanence.
  - Watching television to learn the nature of human behavior.
  - Cultivating awareness hand in hand with relaxedness of mind.
  - Focusing one's mind on one's favorite songs.
  - Contemplating the flowers in the garden to get a sense of tranquility.
54. Which of the following is **not** a proper definition of meditation?
- Mindfulness and self-possession.
  - Someone one can practice anywhere at any time.
  - Something that brings peace inside.
  - Has results depending on your race and creed.
  - Brings your awareness to one-pointedness.
55. Which of the following statements is **incorrect**?
- There's no hurry about getting down to serious meditation practice.
  - We should practice meditation with every in and out breath.
  - Meditation is a part of life.
  - Meditation is the origin of all virtue.
  - Meditation fosters warmth and geniality in family life.
56. Which of the following is **not** a benefit of meditation?
- A real sense of inner freedom.
  - More calm in the face of challenging situations.
  - Quick wittedness in the workplace.
  - Stronger sense of conscience for teaching oneself to avoid succumbing to evil behaviors.
  - Causes pleasurable attachments to the things of the world.

57. Which of the following is **not** the benefit of meditation for the family life?
- Reduction of 'generation gap' and other sources of conflict within the family.
  - Increased level of understanding between fellow family members
  - Reduced impatience and the ability to await the appropriate time to bring up subjects of mutual interest.
  - Improved atmosphere within the family.
  - All of the above.
58. Which of the following is **not** included in the Five Aggregates [*khanda*]?
- Ccorporeality [*ruupa*] & feelings [*vedanaa*].
  - Feelings [*vedanaa*] & suffering [*dukkha*].
  - Perception [*sa~n~naa*] & consciousness [*vi~n~naa.na*].
  - Perception [*sa~n~naa*] & feelings [*vedanaa*].
  - Perception [*sa~n~naa*] & mental formations [*sa"nkhaara*].
59. Which of the following is amongst the benefits of meditation towards health?
- Being able to manage heavier workloads.
  - Shopping without exhaustion.
  - Being able to drive non-stop for long distances.
  - Revision of textbooks for hours at a time.
  - Having a cheerful mind all day long.
60. Which is the best joint remedy for health of body *and* mind?
- An annual body and cardio checkup.
  - Regular meditation focusing on mental objects such as a crystal ball or a Buddha image.
  - Avoiding stress and going to see a shrink regularly.
  - Not working yourself to exhaustion but keeping some time for rest.
  - Putting aside all your worries and taking a walk along the beach.
61. Which of the following statements is **not** true according to the writings of Phraratchaworamuni?
- There are two types of illness – physical illness and mind illness.
  - Some people never get physically ill.
  - All people have illness of the mind.
  - An Arahant who has no further defilements is no longer subject to diseases of the mind.
  - All of the above.
62. Which of the following patients is showing possibilities of recovery?
- Jamie has cancer so she always stays at home.
  - Sue gets migraines so she stops reading.
  - Chuck is infected with a sexual transmitted disease so avoids eating tripe.
  - Amy has AIDS so she listens to sermons and does chanting regularly.
  - Antonia is depressed so she listens to music all day long.

63. Which of the following is the best example of benefiting from meditation in daily life?
- Out of concern for his children, Bert decides not to divorce his wife.
  - Bill is angry with his wife so he sneaks out for a night on the town.
  - Ben has an argument with his wife so he recovers his temper by focusing on a mental object such as a crystal ball.
  - Andy forces his children to meditate to cure their laziness.
  - Harry quarreled with his sister doing nothing to suppress his emotions in case he stored up stress in his subconscious.
64. In a real life case, a doctor contracted neck cancer, but he treated the cancer as his friend. He let go of his anxiety, eating only vegetables and fruit – controlling his diet. Eventually, the cancer disappeared. Which of the following is the best conclusion we can draw from his recovery?
- We should make friends with everything around us.
  - Eating vegetables and fruit can cure cancer.
  - Anxiety causes cancer.
  - Healing the mind can affect physical healing.
  - Even doctors can get cancer.
65. A sportswoman who meditated before each race won first prize in a swimming contest. Which of the following best explains the possible reason?
- Meditation helps her relax.
  - Meditation helps her get over her pre-race ‘nerves’.
  - Meditation helps the mind become unified and powerful.
  - Seeing her meditate distracts the competition.
  - Meditation boosts her confidence.
66. What does the following statement mean: “Human beings can practice meditation to attain various stages of Dhamma”?
- Inner happiness is the supreme happiness and those who attain it feel only happiness.
  - Human beings can develop themselves, to whatever stage, based on the actions they perform.
  - Human beings can help others to practice meditation until everyone achieves results.
  - Inner reality is undeniable.
  - Only people who have faith can attain Dhamma.
67. Which of the following is **not** a benefit of meditation mentioned in the Dhammacakkappavattana Sutta?
- Clear vision.
  - Attaining the means of knowing according to reality.
  - Attaining wisdom.
  - Attaining knowledge.
  - Attaining inner light.
68. Which of the following is **not** a benefit of meditation mentioned in the Samaadhi Sutta?
- Attainment of immediate happiness.
  - Attainment of mindfulness [*sati*] and self-possession [*sampaja-n~na*].
  - Having a fortunate afterlife destination.
  - Attainment of seeing and knowing [*~naa.nadassana*].
  - Ability to eradicate all defilements.

69. Which of the following correctly explains the initial happiness that can be expected from meditation practice?
- It arises from inner light.
  - It leads to inner knowledge.
  - It arises from freedom from obsessive worry.
  - It is still composed of alternating happiness and suffering.
  - It arises from the thinking about various objects.
70. Which of the following statements about the initial benefits of meditation is **incorrect**?
- The real happiness people wish for is to be happy whether asleep, awake, standing, walking, sitting or lying down.
  - Meditation allows people to attain real happiness.
  - Inner happiness comes in ever deeper layers like the compartments of a tiffin set.
  - Two kind of happiness arise from meditation practice – happiness in the present life and happiness in lives to come.
  - Happiness from meditation may be addictive and end up making a person too lazy to go to work.
71. Which of the following is **not** derived from attainment of seeing and knowing [*~naa.nadassana*]?
- Seeing hell and heaven.
  - Seeing things without any time lapse.
  - Seeing the future.
  - Recollecting one's own previous existences.
  - Understanding of the things in one's midst.
72. What are the benefits of the seeing and knowing [*~naa.nadassana*] arising from meditation practice?
- Attachment to our past.
  - Attachment to rebirth in the cycle of existence, not wanting to come to an end of all defilements.
  - Being able to know how karma affects peoples' lives and being able to make the correct choices concerning karma.
  - Becoming a trend setter for opinion.
  - Precise knowledge about the reality of the world and oneself.
73. Which statement does **not** describe a benefit of mindfulness resulting from regular meditation practice?
- The reduction of inner sin.
  - Not becoming a slave to one's emotions.
  - The unlimited expansion of thought and knowledge.
  - Systematic thinking.
  - The ability to exercise self-control of one's mind.
74. For a meditator with the power to float in the air, what associated benefits will he also have attained?
- Greater working capabilities and stamina.
  - A powerful mind.
  - Having a fortunate afterlife destination.
  - Attainment of the Stages of Cessation.
  - Attainment of seeing and knowing [*~naa.nadassana*].

75. Which of the following is **not** included in the sixfold supranormal knowledge [abhi~n~naa]?
- Mastery of the spirit and letter of the teachings.
  - Reading the minds of others.
  - Recollection of one's own previous existences.
  - Eradication of defilements in the mind.
  - Being able to transform one person to look simultaneously like many persons.
76. Which of the following is **not** a benefit of meditation?
- Ability to keep the mind in the state required.
  - Allowing the body and mind to become mutually independent.
  - Overcoming absent-mindedness.
  - Enlargement of awareness without limits.
  - Full capacity for wise reflection.
77. Which of the following is **not** a benefit of meditation according to the living masters?
- A powerful mind.
  - Having a fortunate afterlife destination.
  - Attaining the Stages of Cessation.
  - Greater working capabilities and stamina.
  - Sleeping in peace and being beloved by humans and angels alike.
78. How does meditation lead to outstanding skills in the workplace?
- It gives ability to work without boredom or fatigue.
  - It facilitates working precision with higher benefits for lower losses.
  - Allowing one to read the future.
  - a and b.
  - a, b and c.
79. Which of the following best explains the stages by which the mind the mind becomes still according to the explanation of Phrarajbhanavisudh?
- When mind becomes still, it becomes bright – the bright mind can see, the seeing mind know – and the knowing mind becomes free of defilements.
  - When mind becomes still, it starts to crave – through this difficulty it is able to see.
  - When craving ends, the mind stops having difficulties.
  - Born in search of gems, but when you find them, hang on to them – otherwise, why be born in the first place.
  - Put an end to craving, escape falsity, remove yourself from sensuality, continue through the five-fold psychophysical constituents accomplish the sixteen duties, invulnerable to hardship – that you can call Nirvana if you like.
80. What is the aim of keeping in mind the Buddhist proverb “*Citte sa”nkili.t.the dugati paa.tika”nkhaa*”?
- To brighten our mind and allow us to go to heaven.
  - To warn us if the mind is not bright we will end up in the hell realms.
  - To encourage everybody to attain Dhammakaya.
  - To let the Buddha know we all love him.
  - To remind us that the kingdom of heaven is within us.

81. Which of the following is **not** included in the “Ten items of homework” recommended by Phrarajbhavanavisudh?
- Giving family members the opportunity to congratulate you on your virtues.
  - Keeping daily notes of your meditation experience in a diary.
  - Making sure you are tucked up warm at night.
  - Upon waking, immediately reconnecting your attention with the centre of the body.
  - Making a world a nicer place to live in by smiling.
82. Which of the following is the fifth item of “the homework”?
- Before going to sleep, recollecting the good deeds you have done throughout the day.
  - Giving family members the opportunity to congratulate you on your virtues.
  - Keeping daily notes of your meditation experience in a diary.
  - Centering your mind before falling asleep.
  - Upon waking, immediately reconnecting your attention with the centre of the body.
83. Which of the following is the seventh item of “the homework”?
- Upon waking up, taking a minute to re-unite your mind with mental object (crystal ball or Buddha image) or clear your mind at the center of your body.
  - Recollecting that you are lucky still to be alive one more day, spreading loving-kindness to all living beings in the world and reminding yourself that one day in the future you must die for sure.
  - Throughout the day creating the feeling that you are united with the mental object at the center of the body: creating the feeling that we are inside the mental object, the mental object is inside us.
  - Taking one minute of every hour to still our mind and think of the mental object or stilling the mind at the center of the body.
  - Making a world a nicer place to live in, by smiling and speaking in an endearing way.
84. Which of the following is the best example of keeping daily notes of your meditation experience in a diary?
- Write down a week’s worth of experiences at the last moment before submitting your homework.
  - Write “same as yesterday” for each day’s entry.
  - Record your methodology and inner experiences to allow you to reflect on your mental state each day.
  - Write whatever takes your fancy.
  - Keep it short, simple and concise.
85. Which of the following is the best example of giving others the opportunity to congratulate you on your virtues?
- Upon arriving home, Susan told her husband to rejoice her merit.
  - Jenny shows her merit receipts to her family members and persuades everyone to rejoice in the merit together.
  - Cedric shuts down his brothel and told his wife to rejoice in what he’d done.
  - Upon arriving home, Jemima speaks in an endearing way, telling her younger brother to rejoice her merit.
  - All of the above.

86. What is the benefit of taking one minute of every hour to think of the mental object (crystal ball or Buddha Image)?
- It makes stilling the mind less easy.
  - It makes people use their free time beneficially.
  - It causes merit to provide sustenance continuously.
  - Merit will flow continuously.
  - All of the above.
87. Which of the following best describes the benefit to us of keeping daily notes of our meditation experience in a diary?
- Progress in meditation attainment.
  - Pride in ourselves.
  - More self-understanding.
  - More quick-wittedness.
  - Delight and joy.
88. Which of the following is **not** an objective of recollecting the day's good deeds before sleep?
- Eliminating anxiety from the mind before sleep.
  - To sleep soundly and have sweet dreams.
  - To realize the worth of life.
  - To ensure our personal safety and protection wherever we may sleep.
  - To have a fortunate afterlife destination.
89. What's the best way to center your mind before falling asleep?
- No special effort is required because your mind goes automatically to your center when you fall asleep anyway.
  - One should listen to dharma music while asleep.
  - One should radiate loving kindness before sleep.
  - One should touch one's mind softly at the center of the body.
  - One needs to make a resolve first.
90. Which of the following is **not** one of the benefits of centering your mind upon sleep?
- Sleeping soundly.
  - Waking refreshed.
  - Good health.
  - Not talking in one's sleep.
  - Angels appear in one's dreams.
91. First thing in the morning, which of the following would be the nature of a person who immediately reconnects their attention with the center of the body upon waking?
- Merit will be the first thing on their mind each day.
  - They'd get out of bed gradually.
  - They'd look drowsy.
  - They'd be lying in bed with a smile on their face.
  - They'd be sitting up in bed in a cross-legged position.

92. Why is taking one minute of every hour to think of the mental object (crystal ball or Buddha Image) difficult for laypeople?
- Their mindfulness has not yet made progress.
  - They have many burdens for which they must take responsibility.
  - Each hour passes quickly.
  - They do not have an alarm clock to remind them of the time.
  - Their minds are not focused enough on Dhamma.
93. Which of the following is **not** a benefit of creating the feeling that that we are inside the mental object and the mental object is inside us?
- Uniting our mind with the mental object, we won't have the impulse to do improper deeds.
  - Good circumstances will be attracted to those who practice.
  - Progress in meditation.
  - One will be humility personified.
  - It will give one the mindfulness to be a teacher to oneself.
94. Which of the following is the best way to create the feeling that that we are inside the mental object (Buddha image), the mental object is inside us, and we are united with the mental object?
- We can imagine that the hemisphere of the sky is our sphere of Dhamma, and we are inside that sphere of Dhamma.
  - We can recollect of the huge mind sphere of the Dhammakaya and imagine we are at the center of that sphere.
  - We can recollect a tiny Buddha image or mental object of any size in the center of our body.
  - We can imagine we were swallowing a Buddha image or mental object down to the center of our body, and recollect it there frequently.
  - All of the above.
95. Why is it difficult for most people when they start out with the practice of taking one minute of every hour to still their mind and think of the mental object?
- They have no hourly timer available.
  - Time flies by every hour.
  - The mind is not used to recollecting Dhamma throughout the day.
  - They have lots of other responsibilities.
  - Their meditation practice has not made sufficient progress.
96. Which items of homework should we do in tandem with other daily activities?
- Smile cheerfully.
  - Thinking of those to whom we owe a debt of gratitude.
  - Awareness of our mental states.
  - Recollecting a bright mental object.
  - All of the above.
97. How does smiling make a difference to the rest of the world?
- Smiling creates friendship.
  - Smiling create cheerfulness.
  - Smiling reduces stress.
  - Smiling makes us appear younger.
  - All of the above.

98. Which of the following is **not** “speaking in an endearing way”?
- Saying “thank you” when someone gives something to us.
  - Apologizing when one has done something wrong.
  - Saying, “Great! You’ve returned! I missed you so much!” when you meet a friend who has been away.
  - Saying “ Great! Now I’ve got company!” when both you and your friend have failed an examination.
  - Saying “get well soon” when a friend is sick.
99. Which of the following examples coincides with the ten items of homework?
- Charlie plays the piano happily.
  - Nicky writes her meditation experience in a diary.
  - Ike speaks in an endearing way to his friends.
  - Ann goes to hear a sermon at the temple.
  - All of the above.
100. Which of the following is **not** a benefit of practicing the ten items of homework?
- Increased compassion.
  - A mind more centered on the meritorious aspects of life.
  - Minimizing interpersonal conflict.
  - Emergence of peace and gentleness of mind.
  - Eliminating confusion and suspicion.