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Bhiksu University of Sri Lanka - Anuradhapura

2017/2018 අධ්‍යයන වර්ෂය - සමාසික 1 පරීක්ෂණය
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**2017/2018 Academic Year - Semester 1 Examination
First Year**

Meditation and Buddhist Counseling – FNDM 11013

Answer three (03) questions only selecting at least one question from each part.
Each answer will be given 20 marks.

Time: 2 Hours

Part I

01. Name the forty types of concentration meditation and give a description on Asubha meditation.
02. Explain how defilements are destroyed by developing insight meditation.
03. Write short notes three, (03) out of the following.
 - I. Special knowledge of insight meditation.
 - II. Disturbances of Vidarshana. (Vidarshanopaklesha)
 - III. Thirteen (13) types of Dūtanga.
 - IV. Results of concentration meditation.

Part II

04. Give a basic introduction on Buddhist counseling.
05. Explain the qualities of instructor with reference to Buddhist counseling.
06. Examine the essential qualities of the client according to Buddhist counseling.