



YOUNG MEN'S BUDDHIST ASSOCIATION

COLOMBO, SRI LANKA

2565 Dhamma - Abhidhamma Examination - 2022

Index No : .....

Grade : Senior Part - 1  
Subject : Dhamma

Date : 26<sup>th</sup> June 2022  
Time : 2 hour

*Answer any five questions*

1. Explain the reasons for considering Thina midda (Laziness and inactivity) as a hindrance.
2. What are the main benefits of Maithri Bhavana as a tranquility meditation.
3. How did the Buddha advise his followers at the time of Parinibbana to practice his doctrine ?
4. Describe four of the five Natural laws (Panca Niyama Dhamma)
5. Give the meaning of the following stanza from Dhammapada (24).

Utthanavato Satimato  
Sucikammassa nisammakarino  
Sannatassa ca dhammajivino  
Appamattassa yasobhi vaddhati

6. Explain how Samata meditation can be used to achieve 'one-pointedness' and its relationship to hindrances (nivarana).
7. Explain the meanings of (a) anantarika kamma (b) upapilaka kamma (c) upaghataka kamma
8. Describe details of all the visits to Sri Lanka by The Buddha.
9. Describe five ways by which a person will suffer from decline according to Parabhava Sutta.
10. Write brief notes on any three of the following :-

- (a) Brahma Vihara                      (b) Opanaiko                      (c) Vijja caran sampanno  
(d) Patirupa desa vasoca              (e) Appamadaya

(20 marks for each answer)

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