

*ENLIGHTENMENTS*  
By Jack Kornfield

1. How does Jack Kornfield describe the Mahasi Sayadaw approach to enlightenment?
2. How does he describe Ajahn Chah's approach to enlightenment?
3. What are the different descriptions of nirvana from the Buddha that Jack Kornfield shares with us?
4. Describe Sri Nisargadatta's understanding of enlightenment.
5. Review the various gateways to enlightenment that Jack Kornfield describes.
6. Review the various expressions of enlightenment that he describes as well.

7. Most importantly, explore your own relationship to these teachings on Awakening as well as other teachings on Awakening.