

## DB 04: The Spiritual Teacher

### Class I Homework, June 5, 2023

1. Begin the online readings for this module.
2. Choose and set-up your meditation space. Ideally it will be clean, private, and peaceful, an environment that is conducive to sitting quietly and looking at your mind. Dedicate a specific time of day to set aside for your meditation practice and approach it with enjoyment.
3. Sit in meditation for at least 10 minutes 6 days this week.
  - a. Begin with prayers (Taking Refuge & Bodhichitta and The Four Immeasurables) found in the [Prayers for Online Classes](#) and a motivation.
  - b. During your meditation practice, include a concentration meditation focusing on the breath.
  - c. Conclude your meditation session with a dedication.
4. This week contemplate the value in having a teacher. Recall important teachers you've had through your life. What qualities did they have, and what made them great teachers? What were the qualities of their students?

### Class II Homework, June 12, 2023

1. Continue the online readings for this module.
2. Sit in meditation at least 10 minutes 6 days this week.
  - a. Begin with prayers (Taking Refuge & Bodhichitta and The Four Immeasurables) found in the [Prayers for Online Classes](#) and a motivation.
  - b. During your meditation practice this week, include a concentration meditation focusing on the breath followed by an analytic meditation in which you contemplate the list of seven Qualities found in a Spiritual Teacher.
  - c. Conclude your meditation session with a dedication.

### Class III Homework, June 19, 2023

1. Finish the online readings for this module.
2. Sit in meditation at least 10 minutes 6 days this week.
  - a. Begin with prayers (Taking Refuge & Bodhichitta and The Four Immeasurables) found in the [Prayers for Online Classes](#) and a motivation.
  - b. During your meditation practice this week, include a concentration meditation focusing on the breath followed by an analytic meditation in which you contemplate:
    - i. The great teachers you've had in your life
    - ii. The list of qualities found in a Spiritual Teacher
    - iii. The list of qualities found in an ideal student
  - c. Conclude your meditation session with a dedication.

