

DB 08: Establishing a Daily Practice

Class 1 Homework, February 26, 2024

- Begin the [readings](#), especially:
 - *Advice For Daily Practice*, by Lama Zopa Rinpoche
 - *Making Life Meaningful*, by Lama Zopa Rinpoche
 - *Liberation in the Palm of Your Hand*

Class 2 Homework, March 4, 2024

- Continue the [readings](#).