

## DB 04: Spiritual Teacher

### Class I Homework July 8, 2019

1. 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.
2. Sit in meditation for 10 minutes five days during the next week. Begin each session by setting your motivation and end with a dedication. Spend the rest of the session in watching the breath.
3. Make a list of 10 skills that you have learned in your life. For which ones of them did you benefit by having a teacher?