

DB 05: All About Karma -- Homework

Class I Homework September 9, 2019

1. Practice meditation 10-15 minutes a day. Before you start, set your motivation to practice so that you can tame your mind, and with such a transformed mind, be better able to benefit others. Practice mindfulness of the breath choosing a place such as the tip of the nose to focus on with each breath. End your meditation practice with a dedication.
2. Mindfulness practice: see [Inner Job Description Card \(Mindfulness Practice Tool\)](#)
3. See FPMT course on Karma, **Session 1 - Introduction to Karma**, then complete the "Review Quiz for Session 1". Instructions to access FPMT course:
 - a. Go to <https://onlinelearning.fpmt.org/>
 - b. Create an account -OR- Login (if you have an account)
 - c. Click Discovering Buddhism
 - d. Enroll in DB Module 6 using the enrollment key purify99