

## 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

### Class II Homework September 16, 2019

1. Practice the meditation on the Four Characteristics of Karma. See [Wish-fulfilling Golden Sun](#) (Part 3, pp. 76-83), MEDITATION TWO: PART III: KARMA
2. See FPMT course on Karma, **Session 2 - Types of Karma**, then complete the "Review Quiz for Session 2". 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

### Class III Homework September 23, 2019

1. Practice the "Meditation on Four Characteristics of Karma". Handout given in class or can be found [HERE](#).
2. Continue the online reading: [Wish-fulfilling Golden Sun](#) (Part 3, pp. 76-83)
3. If possible, also the readings in "Liberation in the Palm of Your Hand", 1997 gold edition (pp. 430-470) or 2006 blue edition (pp. 386-423)
4. Begin to learn and practice the "Short Vajrasattva Practice" and begin to memorize the Vajrasattva mantra which can be found [HERE](#).

### Class IV Homework September 30, 2019

Pay attention/be mindful of the "10 Non-Virtues"; purify on the spot or later in the day using "Four Opponent Powers".