

COMPLETION CARD

1. Mind and Its Potential

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Student Name _____

Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? ____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on continuity of the mind Done _____ Dates _____

Meditation on space-like clarity Done _____ Dates _____

Meditation on mind as “knower” Done _____ Dates _____

Meditation on precious human rebirth Done _____ Dates _____

One-day practice intensive on the mind Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulfilling Golden Sun (pp. 1-3, 44-50) Done _____ Date _____

Make Your Mind an Ocean Done _____ Date _____

Becoming Your Own Therapist Done _____ Date _____

Discovering Buddhism Required Reading Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____
and/or

Teacher interview with _____ Date _____

Course Teacher’s signature verifying above _____

COMPLETION CARD

3. Presenting the Path

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Dates of course _____

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Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? _____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on Renunciation Done _____ Dates _____

Meditation on Bodhichitta Done _____ Dates _____

Meditation on Emptiness Done _____ Dates _____

Memorization of one lam-rim prayer Done _____ Which one? _____

3-6 day lam-rim retreat, Lama Yeshe style Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulfilling Golden Sun (pp. 42-43) Done _____ Date _____

Liberation in the Palm (pp. 25-125) Done _____ Date _____

Wisdom Energy Done _____ Date _____

Essence of Tibetan Buddhism Done _____ Date _____

Discovering Buddhism Required Reading Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____

and/or

Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____

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4. The Spiritual Teacher

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Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc?. _____ How many? ____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on need for a teacher Done _____ Dates _____

Meditation on advantages of devotion Done _____ Dates _____

Meditation on disadv. of improper devotion Done _____ Dates _____

Meditation on devoting in thought Done _____ Dates _____

Shakyamuni Buddha Guru Yoga Done _____ Dates _____

One day retreat using GSB guru yoga Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulfilling Golden Sun (pp. 42-43) Done _____ Date _____

Liberation in the Palm (pp. 251-306) Done _____ Date _____

Discovering Buddhism Readings Done _____ Date _____

Life of Milarepa or other life story Done _____ Date _____

(Other: _____)

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____

and/or

Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____

COMPLETION CARD
5. Death and Rebirth

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Student Name _____

Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? _____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Nine-point meditation on death Done _____ Dates _____

Meditation on ones own death Done _____ Dates _____

Meditation on impermanence Done _____ Dates _____

Weekend retreat on death & impermanence Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulfilling Golden Sun (pp. 50-59) Done _____ Date _____

Liberation in the Palm (pp. 332-393) Done _____ Date _____

Discovering Buddhism Required Reading Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____
and/or

Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____

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7. Refuge in the Three Jewels

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Student Name _____

Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? _____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on Shakyamuni w/mantra Done _____ Dates _____

Analytical meditation on refuge Done _____ Dates _____

Weekend retreat on refuge preliminary Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulfilling Golden Sun (pp. 69-75) Done _____ Date _____

Liberation in the Palm (pp. 394-428) Done _____ Date _____

The Awakened One Done _____ Date _____

Taking Refuge in the Three Jewels Done _____ Date _____

Discovering Buddhism Required Reading Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____

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Teacher interview with _____ Date _____

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8. Establishing a Daily Practice

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Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? _____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on *A Daily Meditation Practice* Done _____ Dates _____

Taking 8 Mahayana Precepts for one day Done _____ Dates _____

Weekend lam-rim retreat using *A Daily MP* Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulfilling Golden Sun (pp. 10-38, 136-140) Done _____ Date _____

Liberation in the Palm (pp. 129-247) Done _____ Date _____

Making Life Meaningful Done _____ Date _____

Discovering Buddhism Required Reading Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____
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Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____

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9. Samsara and Nirvana

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Student Name _____

Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? _____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on sufferings of samsara (8, 6, 3) Done _____ Dates _____

Meditation on the six root delusions/antedotes Done _____ Dates _____

Weekend retreat on one or both of above Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulfilling Golden Sun (pp. 84-105) Done _____ Date _____

Liberation in the Palm (pp. 473-543) Done _____ Date _____

The Meaning of Life Done _____ Date _____

Discovering Buddhism Readings Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____
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Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____

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10. How to Develop Bodhichitta

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Student Name _____

Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? _____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on eleven steps to Bohichitta Done _____ Dates _____

Meditation on Chenrezig w/mantra Done _____ Dates _____

Animal liberation practice Done _____ Dates _____

Weekend retreat on bodhichitta w/Chenrezig Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulflg Golden Sun (pp. 106-119, 143-187) Done _____ Date _____

Liberation in the Palm (pp. 547-589, 626-646) Done _____ Date _____

A Daily Meditation on Four-Armed Chenrezig Done _____ Date _____

Discovering Buddhism Readings Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____

and/or

Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____

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11. Transforming Problems

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Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? _____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on faults of self-cherishing & advantages of cherishing others Done _____ Dates _____

Meditation on tong len Done _____ Dates _____

Weekend retreat on tong len Done _____ Date _____

Memorize 8 verses Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Wish-fulflng Golden Sun (pp. 106-110, 114-142) Done _____ Date _____

Liberation in the Palm (pp. 589-625) Done _____ Date _____

Transforming Problems Done _____ Date _____

Transforming the Mind Done _____ Date _____

Everflowing Nectar of Bodhichitta Done _____ Date _____

Discovering Buddhism Required Reading Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____

and/or

Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____

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12. Wisdom of Emptiness

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Center where course was offered _____

Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? ____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on calm abiding Done _____ Dates _____

Meditation on emptiness Done _____ Dates _____

Light offering practice Done _____ Dates _____

Weekend retreat on Heart Sutra Done _____ Date _____

Recitation of Heart Sutra Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Virtue and Reality Done _____ Date _____

Liberation in the Palm (pp. 647-706) Done _____ Date _____

Echoes of Voidness Done _____ Date _____

Discovering Buddhism Required Reading Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____
and/or

Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____

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13. Introduction to Tantra

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Dates of course _____

Type of course (circle one): Weekly lecture series Weekend intensive Other: _____

Course Teacher _____

ATTENDANCE

Number of lectures offered _____

Number of lectures attended _____

Make-up sessions done for sessions missed via tape, teacher interview, etc? _____ How many? _____

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Meditation on deity yoga (Chen/Tara or Manj) Done _____ Dates _____

One week deity yoga retreat w/lam-rim Done _____ Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

Introduction to Tantra Done _____ Date _____

Liberation in the Palm (pp. 707-708) Done _____ Date _____

Discovering Buddhism Required Reading Done _____ Date _____

PUBLIC EXAM OR TEACHER INTERVIEW

Topic of lecture given by student _____ Date _____
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Teacher interview with _____ Date _____

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14. Special Integration Experiences

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Student Name _____

Center where courses/retreats were offered _____

Dates of courses _____

Type of course: **Guided retreat** **Independent retreat** **Other:** _____

Course Teacher(s) _____

ATTENDANCE

Not applicable

REQUIRED MEDITATIONS, PRACTICES, AND RETREATS

(Please indicate meditations done including dates)

Two-week Kopan-style lam-rim course	Done _____	Dates _____
Three month (100,000 mantras)V-sattva retreat	Done _____	Date _____
100,000 prostrations to the 35 Buddhas	Done _____	Date _____
Nyung Ne retreat	Done _____	Date _____
Guided others in Nyung Ne retreat	Done _____	Date _____

REQUIRED TEXTS

(Please indicate completion of texts read)

<i>The Tantric Path of Purification</i>	Done _____	Date _____
<i>Everlasting Rain of Nectar</i>	Done _____	Date _____
<i>Discovering Buddhism Readings</i>	Done _____	Date _____

TEACHER INTERVIEW

Teacher interview with _____ Date _____

Course Teacher's signature verifying above _____