

# DB 02: How to Meditate Completion Card

To complete this module for Kadampa Center requirements, students are required to attend all lectures and do all required readings and practices indicated in each subject area. Requirements for this module are summarized below.

Student Name and email \_\_\_\_\_

Center where course was offered     Kadampa Center, Raleigh, NC     Course Teacher     Don Brown    

Dates of course     March 4 - April 8, 2019 (except Mar 18)     Type of course     weekly lecture series    

## ATTENDANCE

Number of lectures offered     5    

Number of lectures attended     \_\_\_\_\_    

Number of sessions viewed online or accessed via recording     \_\_\_\_\_    

## REQUIRED MEDITATIONS

Daily meditation 10-15 minutes, week 1	Completed <u>    _____    </u>	Dates <u>    _____    </u>
Daily meditation 10-15 minutes, week 2	Completed <u>    _____    </u>	Dates <u>    _____    </u>
Daily meditation 10-15 minutes, week 3	Completed <u>    _____    </u>	Dates <u>    _____    </u>
Daily meditation 10-15 minutes, week 4	Completed <u>    _____    </u>	Dates <u>    _____    </u>
Daily meditation 10-15 minutes, week 5	Completed <u>    _____    </u>	Dates <u>    _____    </u>

## REQUIRED ASSIGNED READINGS (one or both of the following books)

<i>How to Meditate</i> by Kathleen McDonald	Completed <u>    _____    </u>	Date <u>    _____    </u>
<i>Mindfulness in Plain English</i> by Bhante Gunaratana	Completed <u>    _____    </u>	Date <u>    _____    </u>

## ADDITIONAL READINGS

Wish-fulfilling Golden Sun (pp. 39-43)	Completed <u>    _____    </u>	Date <u>    _____    </u>
Discovering Buddhism Readings:		
- The Purpose of Meditation	Completed <u>    _____    </u>	Date <u>    _____    </u>
- Meditation on the Mind Itself	Completed <u>    _____    </u>	Date <u>    _____    </u>
- Simple Meditations	Completed <u>    _____    </u>	Date <u>    _____    </u>
- A Short Teaching on Calm Abiding	Completed <u>    _____    </u>	Date <u>    _____    </u>
- Listening, Thinking, and Meditating	Completed <u>    _____    </u>	Date <u>    _____    </u>

## ESSAY (if assigned)

Attach one page essay Completed     \_\_\_\_\_     Date     \_\_\_\_\_    

Course Teacher's signature verifying above \_\_\_\_\_

To complete this module to FPMT standards, these requirements remain:

Follow the instructions in the FPMT online course for the one-day intensive practice OR attend the equivalent one-day retreat at the Kadampa Center - date completed     \_\_\_\_\_      
 FPMT online course final exam - date completed     \_\_\_\_\_    

In order to receive the certificate for the FPMT Discovering Buddhism Course, which includes this module, 12 other modules like this, and a fourteenth module of Integrated Practice, you must complete the additional FPMT requirements. We recommend you begin the Integrated Practice as early as possible.