

## DB 03: Presenting the Path – Homework

### Class I Homework, April 3, 2023

1. From the [online readings](#), read “Turning the Wheel” by Lama Thubten Yeshe.
2. Watch the FPMT introductory video for Module 03 [HERE](#).

### Class II Homework, April 10, 2023

1. From the [online readings](#), read:
  - a. “Method, Wisdom, and the Three Paths” by Geshe Lhundrub Sopa
  - b. “An Outline of the Path to Enlightenment” by Nick Ribush
2. Also, begin reading the following texts:
  - a. [Liberation in the Palm of Your Hand](#), 1997 Gold Edition pp. 25-125 or 2006 Blue Edition pp. 9-100.
  - b. [Wisdom Energy](#) by Lama Thubten Yeshe and Lama Zopa Rinpoche
  - c. [The Wish-fulfilling Golden Sun of the Mahayana Thought Training, part 3](#), by Thubten Zopa (Checking Meditation, pp. 42-43)

### Class III Homework, April 17, 2023

1. Continue working on all of the readings (links can be found above).
2. Topics to contemplate:
  - a. Nature of Mind
  - b. Necessity of a Teacher
  - c. Precious Human Rebirth

### Class IV Homework, April 24, 2023

1. Continue working on all of the readings (above).
2. Topics to contemplate:
  - a. Lower Realms
  - b. Types of Suffering
  - c. Root Mental Afflictions
3. Meditate on Renunciation this week; include the contemplations listed above.

### Class V Homework, May 1, 2023

- Complete the readings for this module.
- Extended Lam-Rim Outlines – Beginners’ Meditation Guide, compiled by Karin Valham, can be found here:

[https://shop.fpm.org/Lamrim-Outlines-Extended-Beginners-Meditation-Guide-PDF\\_p\\_1810.html](https://shop.fpm.org/Lamrim-Outlines-Extended-Beginners-Meditation-Guide-PDF_p_1810.html)

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