

DB 07: Refuge in the Three Jewels

Class 1 Homework, January 8, 2024

1. Meditate five days this week: 5 minutes of concentration meditation on the breath.
2. Contemplate what refuge means to you. What do you take refuge in now?

Class 2 Homework, January 15, 2024

1. Read "Seeking Inner Refuge" pages 4-9 in the online readings.
2. Sit in meditation for 10 minutes six days during the next week. Begin each session by setting your motivation. For the next two minutes, place your concentration on your breath. Then spend the rest of the session reviewing and thinking about the Eight Worldly Dharmas. What do they mean, and which ones have been most powerful in your life? End the meditation with a dedication of the merit you have created.
3. Subject for contemplation during the week: what is faith? Is it always beneficial, or can it be harmful? What makes faith valid?

Class 3 Homework, January 22, 2024

1. Continue the readings.
2. Sit in meditation for at least 10 minutes six days during the next week. Begin each session by setting your motivation. For the next two minutes, place your concentration on your breath. Then spend the rest of the session reflecting on the Three Jewels: Buddha, Dharma, and Sangha. End the meditation with a dedication of the merit you have created.

Class 4 Homework, January 29, 2024

1. Finish the readings.
2. Sit in meditation for at least 10 minutes six days during the next week. Begin each session by setting your motivation. For the next two minutes, place your concentration on your breath. Then spend the rest of the session reflecting on the Five Lay Vows, which are to avoid: 1) killing; 2) stealing (taking what has not been given); 3) sexual misconduct; 4) telling lies; 5) intoxicants. You can choose to meditate on one vow per meditation session or reflect on them all. End each meditation with a dedication of the merit you have created.