

Name: _____

Date: _____

DISCOVERING BUDDHISM

Spiritual Development Plan

1. What year did you begin Discovering Buddhism? _____

2. What has been the most beneficial aspect of DB for you?

3. What is/was the most challenging or difficult?

4. What do you want to gain from this year's Discovering Buddhism units?

5. What DB units have you already completed?

Unit	Date Unit Completed	Retreat Day Date
Mind and Its Potential		
How to Meditate		
Presenting the Path		
The Spiritual Teacher		
Death and Rebirth		
All About Karma		
Refuge in the Three Jewels		
Establishing a Daily Practice		
Samsara and Nirvana		
How to Develop Bodhicitta		
Transforming Problems		
Wisdom of Emptiness		
Introduction to Tantra		
Special Integration Experiences		

6. What DB practice activities have you completed?

Memorise	Date	Location
Memorise a short lam rim prayer		
Memorise Refuge vows and commitments		
Memorise <i>Eight Verses for Training the Mind</i>		
Memorise structure of the heart sutra		
Retreats		
2 week / 10 day Kopan style lam rim retreat		
Individual retreat		
Nyung-Ne (at least 3 complete)		
Deity yoga retreat with lam rim		
Leading Others		
Lead a tantric meditation sadhana (Tara, Chenrezig, Manjushri, Vajrasattva, Medicine B)		
Lead a Nyung-Ne session		
Lead a Shakyamuni Buddha meditation		
Lead a lam rim meditation		
Lead a relaxation/breathing/motivation		
Middle-Way Workshops		
The Two Truths		
Emptiness Understood!		
Methods for Bodhicitta		
How to Practice Tong-len		
Calm Abiding and Insight		
Mind and Mental Factors		
Integrating the Six Perfections		
How to Enjoy Buddhist Study		
Extra Courses		
<i>Living and Dying Well</i> (Ven. Lhagsam)		
<i>Dharma kit-bag</i> (Miffi)		
<i>Meaning of life / 12 Links</i> (Eddie)		
<i>Seven Point Mind Training</i> (Eddie)		

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Pujas and Practices		
Tara Puja		
Medicine Buddha puja		
Animal liberation practice		
Dorje Khadro burning puja		
Sutra recitation (heart sutra, diamond cutter)		
Light offering practice		
24 hour precepts		
Steps to Enlightenment		
Spiritual development plan		
Inner job description (IJD)		
Beyond DB worksheets		
Creative and Group Activities	Date	Location
Afflictions to perfections game		
Rebirth game (until someone is enlightened)		
Pilgrimage (actual or virtual)		
Make or paint tsa-tsas		
Service to others		
Volunteer or charity work		
Sponsorships (nyung-ne, gompa, teachers, nuns, international tours)		
Helping others at death time (animals, humans)		
Write your will		
The Biggies!		
Refuge ceremony (if you wish to)		
100,000 prostrations to 35 Buddhas		
100,000 (3 month) Vajrasattva retreat		
Established Daily Practice		
Daily meditation		
Guru yoga sadhana		
Vajrasattva with 4 opponent powers		
Water bowl offerings		
A minute a day on Emptiness and Bodhicitta		

P.T.O.

7. What practice activities would you like to complete this year?

8. What do you need to put in place to make this happen?

9. What are you going to focus on for your daily practice this year?
