



# THE ASIAN CLASSICS

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## INSTITUTE

Thank you for your interest in the Asian Classics Institute's Daily Practice Topics. The text and audio may be downloaded (see [www.world-view.org](http://www.world-view.org) in the on-line teachings section), or ordered by mail (see the Courses by mail section of the web site).

This Daily *Lojong* Practice consists of the audio recorded from two original retreats, along with corresponding written materials. This topic was covered twice, each time with a different emphasis, and both versions have been provided. The version from Goa, India has seven sessions, and the version from Ireland has eight sessions.

The audio can be ordered by mail, listened to on-line as streaming Real Audio, or downloaded onto your computer in MP3 or RA formats for playback later. The written materials for this topic are contained in six on-line files which can be downloaded, printed and assembled into a three-ring binder.

A complete binder contains the following sections in this order: a binder cover and spine, readings, homework, quizzes, and answer keys. For ease of binder assembly, be sure to print the files on three hole paper.

After listening to the audio from a session the corresponding reading, homework, quiz and meditation should be completed before continuing on to the next session. The homework can be completed using notes, open book style. The quizzes should be completed from memory only, without the aid of notes or other materials. (A good approach is to look at an answer key *after* you have finished that homework, and to use that answer key to study for that quiz.)

Answer keys are supplied so that you may check your homework and quiz answers. All of the quiz and final exam questions come from the homework, so the homework answer keys are also used to grade the quizzes.

Daily practice topics are not graded by the Asian Classics Institute. Please do not mail in any of the papers to be graded.

We would like to emphasize that, although recordings and written materials can be extremely helpful, it is essential for serious Buddhist practitioners to meet and study directly with a qualified Teacher who can give the necessary guidance and personal instructions of the lineage.

In these teachings the wisdom of Enlightened Beings has been passed down in an unbroken lineage to you. May you take these teachings and put them into practice in your life to benefit all. May every goodness grow and spread in all directions right now!