

The 3 Doors Academy Commitments (NA4)

~ The first six months ~

Please complete the following commitments prior to the beginning of the second group training retreat:

Personal Practice

- Practice a total of one hour a day, with at least ½ hour spent abiding.
- Engage and become familiar with the inner refuge poems and the dedication.
- Engage and become familiar with the practices of the nine breathings of purification and the tsa lung exercises.
- Engage the informal practice of the three precious pills at least five times a day.

Group Practice

- Participate in the 19 scheduled live ZOOM guided meditations and discussions. Listen to the recorded sessions when you have a schedule conflict.

Journal

- Follow the homework guidelines provided and maintain a journal of your reflections and practice experiences.

Mentor Relationship

- Complete an hour-long consultation with your mentor.

Personal Retreat

- Complete seven days of personal retreat by the end of the first twelve months. (You may choose to fulfill this requirement as two separate retreats, in which case spend a minimum of three full days for any single retreat.)
- Write a one-page description of your retreat(s), describing your schedule and your overall experience. Each day of the retreat, do at least six hours of formal practice. Minimize distractions or other commitments during retreat.

Resources

- Read *Awakening the Sacred Body*.
- Read the first three chapters of *Awakening the Luminous Mind*.
- Watch the videos with Tenzin Rinpoche. [Links will be posted in the private Facebook Group.]

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