

**ART OF SPIRITUAL DISCERNMENT**  
**ON-LINE MEDIA & READING ASSIGNMENTS**  
**MONTH EIGHT: MENTORSHIP**

**A. SPIRITUAL TRADITION: Mentorship in the Buddhist Tradition**

**Audio CD:** "The Nature of Suffering in Spiritual Discernment," Michael Stevens aka Pema Kunzang, Resident Teacher for the Natural Mind Dharma Center, Bend Oregon (in the Nyingma tradition of Vajrayana Buddhism). Required listening: Both CDs [approx 45 minutes each]. There will be NO required DVD to watch this month.

**Readings: REQUIRED**

- 1) How I Pray, Jim Castelli, ed., article by Ronald Nakasone, *Buddhism & Prayer*
- 2) Learning from the East, The Mystery of Non Dualism, Beatrice Bruteau, pp. 59-69; and *Gospel Zen*, 82-102
- 3) Living Buddha, Living Christ, Thich Nhat Hanh, pp. 60-73; 158-98.

**OPTIONAL**

- 3) No Death, No Fear: Comforting Wisdom for Life, Thich Nhat Hanh, pp. 3-36.

**Assignment:** Choose one or two of the five questions listed on the Reflection Assignment page based on the first segment of Michael Stevens' presentation and write a short response [not more than a paragraph] in your journal.

And/or, articulate your own questions and reflections based on any of the three assigned readings [listed above].

**B. FOUNDATIONS FOR SPIRITUAL DISCERNMENT**

**Reading:** Care of Mind, Care of Spirit, Gerald May, chapter 8, *Colleagueship: Consultation and Collaboration*, pp. 179-198.

**Assignment:** Consider the three teachings/reflections selected from this chapter and choose the one that most interests/challenges you. Write a short response [not more than a paragraph] in your journal.

**C. DISCERNMENT-IN-PRACTICE**

**Audio CD:** "Reflections on Buddhist Teachings," Jack Kennedy  
Required listening- Recording #8: First 18:45 min. of the session.

**Assignment:** Spend some time reflecting on the NOTES FROM THE SPECIAL HANDOUT that Jack refers to on his CD [you will find these on your Monthly Reflection Assignment page]. Make a note in your reflection journal which of the teachings from Buddhism presented by Michael Stevens most impacted you and why.

**Reflection:** Choose one teaching that you feel drawn to as a source of meditation/reflection/prayer... then, make a note of your experience in your journal.