



A Gift of Liberation  
Course Four—Learning to Be Quiet  
Homework Master, Class Three: Setting Body & Heart

1) What are the eight parts of a proper meditation posture?

(a)

(b)

(c)

(d)

(e)

(f)

(g)

(h)

2) What is the specific function of the last of the eight features of a proper meditation posture? How can we use this during a normal day?

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3) How does the realized being Nagarjuna describe the effects of intention? How would this apply to ourselves in for example a work situation?

4) Relate the story of the Buddha on the ship in a former life, and describe the karmic repercussions of what happened.

5) What is a motivation which we can use before any good karma that we do?

*Coffee shop assignment:* Please meet with at least one other person—or better, a group of people—whom you didn't know well before this teaching; do your homework together and discuss together any questions you have. Please write here where, when, and with whom you did your homework:

*Meditation assignment:* 15 minutes early in the day, and 15 minutes later in the day, get into meditation position and run through the checklist of the 8 points of a good posture; after that, review your reasons for practicing meditation, and do a short tonglen meditation. Please write here the two times that you started these meditations.