

Buddhist Immersion & *Meditation Teacher Training*

○♥ open heart project

MARCH 18 - JUNE 24

A 15-Week Live Online Course



Curriculum

Module One

Hinayana View

The Power of Simplicity

Module Two

Mahayana View

*Opening and Stabilizing
the Heart*

Module Three

Vajrayana View

Sacred World

Module Four

The Profound Path

*The Path of the
Teacher*

Module One

Hinayana View

The Power of Simplicity

March 18 - April 1

Class 1

Fundamentals of Meditation on the Buddhist Path; the 3-Yana View and where this practice fits

Class 2

The Four Noble Truths, The Noble Eightfold Path, Common Misconceptions, Obstacles and Antidotes

Class 3: Keeping Practice Sacred, the Power of Lineage

Module Two

Mahayana View

Opening and Stabilizing the Heart

April 8 - May 6

Class 4: The Four Immeasurables; Loving Kindness Meditation

Class 5: The Six Paramitas

Class 6: Working with Strong Emotions

Class 7 & 8: Communicating Clearly and Discovering Your Teaching Style: Working with the Enneagram

Module Three

Vajrayana View

Entering Sacred World

May 13 - May 27

Class 9: A Day of Retreat

Class 10: Sacred Environment

Class 11: Working with Energies

Module Four

The Profound Path

The Path of the Teacher

June 3 - 24

Class 12: The Teaching Container, Giving 1:1 Instruction

Class 13: Teaching Small Groups, How to Give a Talk, How to Answer Questions, Setting Boundaries, The Importance of Diversity

Class 14: Encouraging Consistency: Three Jewels In Your Own and Others' Practice

Class 15: Warrior's Circle

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What Makes this Program Special

- It's live and we go through it together
- Supportive community
- Investigation of the teaching path (powerful, whether or not you ever teach)
- The Enneagram!
- This is the real deal
- YOU

Requirements

Daily Practice

Beginning with 10 minutes per day and moving up to 30 minutes per day by the middle of the program

This is the foundation of the program

Attendance

Studying this material is so nuanced and personal. It comes to life in real time. Therefore, attendance is required. You may miss one class, but not the first, last or retreat class

Homework and Readings

Each week you will be asked to write and share a short(ish) essay on that week's topic—and then to comment on the writings of at least two other students'.

Give Instruction to the Teacher

Sometime during the final weeks, you will meet with me to give me instruction in meditation.

Warrior's Circle

There will be a test with about 30 questions. But you will only have to answer one.

Questions?

Please feel free to book a 15-minute Zoom session with me

Available time slots:
(all times are ET)

February 20 12p-2p

February 20 5p-7p

February 22 10a-12n

<https://calendly.com/susan-piver/call-with-susan-piver-buddhist-immersion-meditation-teacher-training?month=2023-02>

May all beings have happiness and the causes of happiness.

May all beings be free from suffering and the causes of suffering.

May all beings never be parted from freedom's true joy.

May all beings dwell in equanimity, free from attachment and aversion.