

MSB MI GUIDE

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ROLE OF THE MEDITATION INSTRUCTOR

MSB meditation instructors (MIs) are formal MSB members who are at least on Phase IV (lojong) and have participated in an MI training. It's highly recommended that MIs also be trained to serve as SPRs. The only difference between SPRs and MIs is that SPRs guide students during Phase I (shamatha), and MIs guide students who are at Phase II (sessions) and higher. In many cases, a student's SPR during Phase I will naturally become the student's MI at Phase II.

NATURE OF THE MI RELATIONSHIP

The starting point on the path is to clearly recognize the internal and externally created suffering in our lives that stems from self-clinging. At best, without this clear recognition, the remedy of Dharma will never fully impact our lives due to the simple fact that we were never fully willing to look at how our habitual ego tendencies create suffering. At worst, we will use the Dharma as form of spiritual materialism in order to reinforce ego-clinging. As sentient beings, we must humbly acknowledge our addiction towards indulging in unhealthy tendencies that stem from ego-clinging. For those new to Buddhism, the SPR or MI is likened to a sponsor in a substance abuse recovery program. Your SPR or MI is like a good friend, tutor, experienced guide, and/or older sibling whose primary responsibility is to help us apply the Dharma to our lives. They lead us by example, as we see how the Dharma works in their lives through sharing their personal experiences and stories of where they were and where they are now. We start to learn how to slowly break free our habitual tendencies by listening and doing the footwork that our SPR or MI shows us on a daily basis. In essence, the SPR or MI is someone who has made some progress in the Dharma who shares that experience on a continuous, individual basis with another who is turning towards the Three Jewels as a source of refuge.

MI RESOURCES

The MI is there to support students during each phase of practice. It is particularly important to touch in with your student as he or she enters a new phase. In order for you to be an informed guide, it is essential that you read the MSB Study and Practice Manual posted on the Study and Practice Website and refer to this material frequently as you relate with students. This is your main reference. Please also feel free to contact a khenchung for additional support.

INTERNET RESOURCES

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MSB Public Website

<http://www.mangalashribhuti.org/>

MSB Member Website

<http://www.mangalashribhuti.org/members/>

MSB Study and Practice

<http://www.mangalashribhuti.org/studypractice/>

SPR/MI Webpage

http://www.mangalashribhuti.org/html/study_practice/studypractice.html

SPR Community Forum

<http://mangalashribhuti.blogspot.com/>

MI Resources Webpage

http://www.mangalashribhuti.org/html/study_practice/password/mi/wisdom.html

Practice Resources

http://www.mangalashribhuti.org/html/study_practice/practice_resources.html