



## One Spirit Seminary - Monthly Exploration and Homework Example

Homework assignments encompass a variety of explorations

1. **Read 1 chapter** from the spiritual practice manual then **choose AND engage in a spiritual practice for the entire month. Write a short reflection on the experience.** (10-12 lines)
2. Read **two chapters from 2 different texts with written assignments** that are typically 15-20 short answer responses with line limits listed for each.

Examples of the questions from the month exploring Hinduism:

- What are three desires of *moksha*, or liberation, or what Hinduism says we really want? (2 lines)
  - Does this describe or encompass what you are seeking on your own spiritual journey? If not, how would you describe what you are seeking? (3-6 lines)
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- "Do your duty always; but without attachment. That is how a man reaches the ultimate Truth: by working without anxiety about results." (*The Bhagavad Gita: "Do Your Duty Always but Without Attachment,"* p. 32- excerpt translated by Swami Prabhavananda and Christopher Isherwood)

Write a reflection on what you understand it to mean both personally and universally. (your response can be up to 6 lines)

3. **Choose one topic** from the list in the "Diverse Voices and Perspectives" section - **Read an article or watch a video** offering an expanded perspective. **Write a 1 - 1 ½ page reflection paper**
4. **Answer 1-3 personal reflection questions** upon completion of your reading about the religion/tradition and working with a spiritual practice for the month.
5. **Read one chapter** in *The Ten Challenges* (currently - this book may change) and **write a 1 to 2 page, double-spaced reflection**

Typically, the above example **homework can take anywhere from 6 to 10 hours per month (not including spiritual practice engagement)**. It may be a bit more if a student has not been in school for a while, or if they are not proficient in basic computer skills.

\* Other Requirements - **in addition** to the above\*

**Study Group meetings** - at least monthly - recommended 2 hours per meeting

**Spiritual Community Visit/Connection** - monthly - visit a spiritual/religious community that is currently being studied or speak with someone from this spiritual/religious tradition

**Community Service** - minimum 15 hours per year