



Spirit Rock

An Insight Meditation Center

Dedicated Practitioner Program (DPP8) Mentorship Guidelines

- **CENTRAL ASPIRATION:** The central aspiration of DPP8 mentorship is to foster a closer relationship with students of the Dharma and more experienced teachers. This has been highly rewarding and transformative for many of the past students
 - This can also be particularly painful when teachers seem too busy or inaccessible so mentors please take the commitment to heart with a clear vow to support students through the two year program
- **NUMBER OF MEETINGS:** A minimum of every other month for the two years of the program for a total minimum of 12 meetings over 2 years.
 - We suggest scheduling these meetings as far in advance as possible.
 - Some Mentees have found it supportive to have mentor meetings shortly after the in-person retreats (See below for schedule)
 - Meetings should be at least 1 hour
- **DANA/PAYMENT:** Mentors and Mentees should agree in advance on the arrangement for Mentor Support
 - Some Mentors have a fee or fee scale for one on one meetings (typical fees for mentorship are \$100-\$200 per hour)
 - Some Mentors teach on a Dāna Basis
 - We have also heard of creative arrangements such as bartering services or goods. We want to encourage the practice of creative generosity so that teachers may be supported
- **PREWORK:** Mentors will get copies of the DPP8 monthly course assignments as they go out to students
 - Mentors often use the assignments to structure the mentor meetings. Typically this will not require much advance preparation as the topics should be familiar to all mentors (See below for topics)

- It can be helpful if mentees suggest specific topics of interest or questions prior to meetings
 - While it is best to have a topic or topics of discussion coming into the meeting, the meetings can also be organic and go in the direction most beneficial to the student
- **TEACHER ETHICS:** Teachers should follow the [Spirit Rock Code of Ethics](#) version of the precepts
- **RETREAT DATES:** May 2026 - May 2028
 - May 10-17, 2026
 - Nov 14-21, 2026
 - May 16-23, 2027
 - Nov 14-21, 2027
 - May 15 -22, 2028
- **PROGRAM TOPICS: (Generally the following, but subject to some changes)**
 - **1st Retreat:Four Noble Truths, Eight-Fold Path, Ethical Living, 10 Paramis, and Socially Engaged Buddhism**
 - **2nd Retreat: The Wisdom of Self Regulation, Mindfulness of Breathing, Divine Abodes, Four Right Efforts, Wise Concentration /Samadhi, Jhana Factors, Chanting**
 - **3rd Retreat: Body, Vedana (Pleasure & Pain), Citta (Heart/Mind), Mental Patterns, Impermanence, Suffering, and Non-Self, Intra- and Interpersonal Awareness.**
 - **4th Retreat: Paṭiccasamuppāda/Dependent Co-Arising, 5 Aggregates, Conditionality, Past and Future, Karma, Interdependence, Buddhist Cosmology, Abhidhamma**
 - **5th Retreat: 3rd Noble Truth, Nibbana, Cessation of Suffering, Stages of Awakening, Seven Factors of Awakening**
- **DPP8 CORE TEACHERS:**
 - **Gullu Singh (if you have questions or concerns relating to mentorship contact Gullu at gs@gullusingh.com)**
 - **Amana Johnson**
- [**DETAILED DESCRIPTION OF THE PROGRAM**](#) [Link to Webpage]