Contents

Preface vii Who We Are xi Our Spiritual Teachers xxi

Introduction 1

- 1 How to Find a Teacher 17
- 2 What Kind of Student Do You Want to Be? 37
- 3 Examining the Teacher 59
- 4 Making a Deeper Connection 79
- 5 Maturing Practitioners and Communities 103
- 6 Facing Challenges 115

Suggested Reading 139