



Acharya Program Requirements Guiding Students In Helen's Books

Please see below the requirements for guiding students through Helen's books, please note these may be subject to change.

- A deep study of the book itself, my commentary on it from the book club commentaries and watching the videos on those books that have been recorded over the weeks.
- A minimum 10 hours per book working one on one with students from HHS, completing and sending a typed log each month on each book. Please note, these hours cannot be from working with existing buddies or fellow AP students
- **The teaching logs should be completed with as much detail as possible, to include what went well, what was challenging, for both yourself and the mentee. These notes should be made as soon as the session has finished to provide Helen with a comprehensive overview of the session.**
- Anybody that would like to teach Reality Check, Now That You Are Formless, The Story Of I and Transcending The Mind must also be qualified to teach self inquiry core teaching. (You can become qualified to teach Self-inquiry without being able to teach these books but NOT the other way around).
- Those who wish to teach Dissolving the Ego must also be qualified to teach meditation core teaching. (You can become qualified to teach meditation without being able to teach these books but NOT the other way around).
- Once completed at least 4 hours working one on one with me observing with students from HHS
- Once completed a typed report on each of our sessions on how it went and how you would do it differently if needed
- Session with me where you present how you would teach the book as if I was the student
- No sangha requirements here but highly advised you step forward to host book club when your particular book is being studied again