

## **Promises & Perils on the Spiritual Path**

### **By Jack Engler**

1. What is the problem that Jack Engler describes in the first paragraph that we potentially face as Buddhist practitioners? P.17
2. What is the connection between the ideas from Robert Langs' book, *Rating Your Psychotherapist* and our relationship to our spiritual practice? P. 17 - 19
3. What are some of the reasons why personal work is necessary on a spiritual path that Jack Engler gives on pages 21-25?
4. Review the ten unhealthy motivations that Jack Engler describes on pages 25-27. Which of the ten unhealthy motivations have you seen filter into your spiritual practice?
5. Describe multiple determination and how it applies to spiritual practice. p. 27-28