

About Discovering Buddhism: 8 Establishing a Daily Practice

This is the *eighth* module offered by Kadampa Center in the 2016 - 2018 cycle and the eighth module in the order that FPMT presents the course. There are 6 class sessions beginning Nov 6 and ending Dec 18 with no class Nov 20, the Monday before Thanksgiving. Class meets from 7:00 to 8:30 pm and possibly longer on Dec 18. The teacher is Hemant Pandya

Readings and Books

Class attendance, meditations and readings are required for all students wishing to obtain a Kadampa Center completion certificate for this module.

Readings for this class are available online in pdf format. Refer to the “Resources” section to learn how to access.

Discovering Buddhism at Home, Subject Area 8, Establishing a Daily Practice, often referred to as “online reading,” contains:

- *Advice for Daily Practice*, by Lama Zopa Rinpoche
- *Setting Up an Altar*
- *Making Life Meaningful*, by Lama Zopa Rinpoche
- *The Great Value of Being Human*, by Lama Zopa Rinpoche
- *How to Meditate on the Stages of the Path to Enlightenment*, by Pabongkha Rinpoche
- *The Wish-Fulfilling Golden Sun*, by Lama Zopa Rinpoche

Also online: *The Wish-Fulfilling Golden Sun*, by Lama Zopa Rinpoche, (pp. 10–38 and 136–140)

Books for this class can be found in our bookstore or online shopping sites.

- *Liberation in the Palm of Your Hand*, (gold (pp. 129–247 & 307–32) or blue (pp. 103-213 & 270-87)
- *Practice Text: A Daily Meditation on Shakyamuni Buddha*, by Lama Zopa Rinpoche - Booklet published by FPMT

Out of print: *Making Life Meaningful*, by Lama Zopa Rinpoche, available electronically at:



www.lamayeshe.com/article/making-life-meaningful

Integration Practices

Additional integration practices are required for FPMT. In order to receive the certificate for the Discovering Buddhism Course, which includes this module, 12 other modules like this, and a fourteenth module of more Integrated Practice, you must complete the additional FPMT requirements. We recommend you begin Integrated Practice as early as possible.

- Follow the instructions in the FPMT online course for the Weekend lam-rim retreat, OR Attend the equivalent retreat at the Kadampa Center AND Take 8 Mahayana Precepts for one day (If it’s your first time ever, with a teacher)
- FPMT online course Final exam

Resources

<p>Use our website, kadampa-center.org, to access the <u>Readings</u></p>	<p>The FPMT website has the <u>Readings</u> plus an introductory video and Suggestions for Further Study.</p>
	
<p>Click Spiritual Program -> Beginner Programs -> Discovering Buddhism->Discovering Buddhism Material</p> <p>Note: As of Sept 2016, you do not need to login to access</p>	<ul style="list-style-type: none"> - Go to http://onlinelearning.fpmt.org - Create an account -OR- Login (if you have an account) - Click Discovering Buddhism - Enroll in DB Module 8 using the key dailypractice55

Watching Class Online

If you cannot make it to the class in person, you may watch from home at kadampa-center.org/streaming. If you miss a class, you may make it up by accessing the audio recording on the Kadampa web site (<https://www.kadampa-center.org>). Click on the "Recordings" tab. If streaming goes down for any reason, you will still be able to access the recording later.

Contact Info

Erin Sloan is the Discovering Buddhism Program Assistant. She can help you with accessing online materials as well as answering questions about class logistics. You may also email program.db@kadampa-center.org

Completion Card - Available on Last Day of Class

You are encouraged to record your meditations, practices, and class readings. Turn in the completion card on the practice day to receive a Kadampa Center completion certificate for this module. To receive an overall Discovering Buddhism Course completion certificate from FPMT, complete the additional requirements and the requirements for the 13 other modules.

Use the space below to record your progress to be able to fill out the completion card:

Class Lectures - 11/6 11/13 11/27 12/4 12/11 12/18

Readings and Books are listed on the front page

Final Class Requirements, if assigned (essay, exam, etc.): _____

Record Meditations and Dates

Giving

At the Kadampa Center our Teachings are offered freely and donations are gratefully accepted. This is a unique opportunity compared to other Centers around the world. Some charge by the module for classes like Discovering Buddhism and some per class.

We are able to offer our classes thanks to the generosity and kindness of previous students and guests. Any donations are appreciated and will enable us to offer more amazing Dharma activities in the future!

Ways to give:

1. Go to our website at kadampa-center.org and click "Donate" on the homepage. You will be taken to our secure online community to give by credit card or ACH check giving.
2. **TEXT GIVING!** Send KC108 to 73256 and select Dharma Class Donations from the drop down menu. After you enter your financial data one time, the next time will be quick and easy!
3. Drop cash or checks in the 2 donation boxes located outside the gompa door and on the entry concierge desk.
4. Snail mail checks to: The Kadampa Center, 5412 Etta Burke Ct. Raleigh NC 27606