

About Discovering Buddhism: 9 Samsara and Nirvana

This is the *ninth* module offered by Kadampa Center in the 2016 - 2018 cycle and the ninth module in the order that FPMT presents the course. The teacher is Stephanie (Steep) Smith

Classes, Readings and Books

Class attendance, meditations and readings are required for all students wishing to obtain a Kadampa Center completion certificate for this module. There are five **class sessions** beginning January 8 and ending February 5, 2018. Class meets from 7:00 to 8:30 pm and possibly longer on February 5.

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 9, Samsara and Nirvana, often referred to as “online reading,” contains:

- *The Four Noble Truths*, by His Holiness the Dalai Lama
- *Renunciation*, by Tsenshab Serkong Rinpoche
- *The Cause of Suffering*, by Geshe Rabten
- *Samsara and Nirvana*, by Lama Zopa Rinpoche
- *Anger*, by Lama Zopa Rinpoche

Also online: *The Wish-Fulfilling Golden Sun*, by Lama Zopa Rinpoche, (pp. 84-105)

Also online: (recommended) *The Twelve Links of Dependent Arising* by Geshe Tashi Tsering

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

- *Liberation in the Palm of Your Hand*, (1997 gold edition (pp.473–543) or 2006 blue edition (pp. 427–95))
- (recommended) *The Four Noble Truths*, by Geshe Tashi Tsering, Published by Wisdom Publications



Note that FPMT requires *The Wheel of Life: or The Meaning of Life: Buddhist Perspectives of Cause and Effect* by His Holiness the Dalai Lama (the title changed between editions, but the subtitle is the same). This was assigned for module 6.

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 two-day retreat on samsara and nirvana, OR Attend the equivalent retreat at the Kadampa Center (not currently scheduled)
- 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>The screenshot shows the Kadampa Center website with red arrows and numbers indicating the path: 1. Home -> Spiritual Program -> Beginner Programs -> Discovering Buddhism -> Discovering Buddhism Material -> Discovering Buddhism Material.</p>	 <p>The screenshot shows the FPMT Online Learning Center website with the course structure for Discovering Buddhism, including Module Five: Death and Rebirth, and the teacher Dr. Nicholas Ribush.</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>	<p>- Go to http://onlinelearning.fpmt.org</p> <p>- Create an account -OR- Login (if you have an account)</p> <p>- Click Discovering Buddhism</p> <p>- Enroll in DB Module 9 using the key cessation04</p>

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 - 1/8 1/15 1/22 1/29 2/5

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