

Discovering Buddhism Module 02: How to Meditate

Discovering Buddhism (DB) is a 14-module program through the Foundation for the Preservation of the Mahayana Tradition (FPMT). The Kadampa Center offers classes for DB modules 1 – 13 over a two-year course cycle.

Instructor

[Don Brown](#)

Program Assistant

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Classes

Participate in class via the following options:

- In person, onsite at Kadampa Center
- Register to participate via Zoom [HERE](#)
- Live Stream via YouTube [HERE](#)
- YouTube recordings of missed classes can be accessed [HERE](#)

Class meets Monday evenings from 7:00-8:30 PM on the following dates:

1. February 13, 2023
2. February 20, 2023
3. February 27, 2023
4. March 6, 2023
5. March 13, 2023
6. March 20, 2023

Online Readings

- [Discovering Buddhism at Home. Subject Area 2. How to Meditate](#)
- [The Wish-fulfilling Golden Sun of the Mahayana Thought Training. part 3](#) by Thubten Zopa (pp. 39-43)

Books

Available for purchase via the Kadampa Center bookstore or online

- [How to Meditate](#), by Kathleen MacDonald
- [Mindfulness in Plain English](#), by Bhante Gunaratana

Donations/Giving

The Kadampa Center teachings are offered freely; donations are gratefully accepted via the following ways:

1. Donate online [HERE](#)
2. **TEXT GIVING!** Text KC108 to 73256, click the link in the text reply, and then 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. Donate cash or checks in the donation boxes located onsite at the Kadampa Center
4. Mail checks to: The Kadampa Center, 5412 Etta Burke Ct. Raleigh, NC 27606

FPMT Certificate of Achievement

A Certificate of Achievement for each individual module is issued by FPMT upon completing all the module requirements.

- Go to [FPMT Online Learning Center](#)
- Login or create an account
- Click Discovering Buddhism
- Enroll in DB Module 1 using the enrollment key *clearlight*

Module 14 and FPMT Discovering Buddhism Completion Certificate

Each FPMT Discovering Buddhism module consists of lectures, readings, meditations, short retreats, quizzes, optional assessments, and a final exam. Students can do some or all of these components of each course, as they wish and are interested.

An **FPMT Certificate of Achievement** for each individual module is issued upon completing all the requirements for that module.

An **FPMT Discovering Buddhism Completion Certificate** is issued when a student has completed the requirements for all fourteen modules.

Requirements for completing **Module 14: Special Integration Experiences** include retreats, mantra practices, and prostration practices. It is recommended that the Special Integration Practices of Module 14 are started as early as possible due to the required time and nature of the commitment involved in order to complete them. Please see the FPMT online learning website for information on how to earn the FPMT Discovering Buddhism Completion Certificate as well as further information regarding Module 14 [HERE](#).

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