

About Discovering Buddhism: 01 Mind and Its Potential

This is the *first* module offered by Kadampa Center in the 2019 - 2021 Discovering Buddhism cycle and the *first* module in the order that FPMT presents the course. The teacher is Robbie Watkins.

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.

Classes: There are six classes beginning January 7, 2019 and ending February 11, 2019. Class meets from 7:00 to 8:30 pm.

Readings: Available online in pdf format; refer to the “Resources” section below to learn how to access.

Discovering Buddhism at Home, Subject Area 1, Mind and Its Potential (often referred to as “online reading”) contains:

- What is the Mind?, by His Holiness the Dalai Lama
- Happiness, Karma, and Mind, by His Holiness the Dalai Lama
- Everything Comes from the Mind, by Lama Thubten Yeshe
- Understanding the Mind, by Lama Zopa Rinpoche

The Wish-fulfilling Golden Sun of the Mahayana Thought Training by Thubten Zopa (part 2 for pp. 1-3 and part 3 for pp. 44–50)

Books: Can be found in our bookstore or online shopping sites.

- *Liberation in the Palm of Your Hand* (recommended)
- *Make Your Mind an Ocean*, by Lama Thubten Yeshe - Published by Wisdom Publications (suggested)
- *Becoming Your Own Therapist*, by Lama Thubten Yeshe - Published by Wisdom Publications (suggested)

Integration Practices

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

- Follow the instructions in the FPMT online course for the two-day weekend deity retreat with meditation on lam-rim OR attend an equivalent retreat at the Kadampa Center (not currently scheduled)
- FPMT online course Final Exam

Resources

Use the Kadampa Center website to access the course Readings	The FPMT website has the Readings plus an introductory video and Suggestions for Further Study.
<ul style="list-style-type: none">- Go to https://www.kadampa-center.org/- Click Spiritual Program- Beginner Programs- Discovering Buddhism Material	<ul style="list-style-type: none">- Go to https://onlinelearning.fpmt.org/- Create an account -OR- Login (if you have an account)- Click Discovering Buddhism- Enroll in DB Module 1 using the enrollment key clearlight

Watching Class Online

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

Contact Info

Linda Saah 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 last day of class 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: Jan 7 Jan 14 Jan 21 Jan 28 Feb 4 Feb 11

Readings and Books are listed on the front page.

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

Record your Meditations and Dates here:

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 charge per class.

We are able to offer our classes for free 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 www.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 gomba door and on the entry concierge desk.
4. Snail mail checks to: The Kadampa Center, 5412 Etta Burke Ct. Raleigh, NC 27606.

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