

# DB 01: Mind and Its Potential Completion Card

To complete this module for Kadampa Center requirements, students are required to attend all lectures and do all required readings and practices indicated in each subject area review sheet. Requirements for this module are summarized below.

Student name and email \_\_\_\_\_

Center where course was offered Kadampa Center, Raleigh, NC Course Instructor Robbie Watkins

Dates of course January 7 - February 11, 2019 Type of course weekly lecture series

## ATTENDANCE

Number of lectures offered 6

Number of lectures attended \_\_\_\_\_

Number of sessions viewed online or accessed via recording \_\_\_\_\_

## REQUIRED MEDITATIONS and PRACTICES

Meditation on continuity of the mind Completed \_\_\_\_\_ Dates \_\_\_\_\_

Meditation on space-like clarity Completed \_\_\_\_\_ Dates \_\_\_\_\_

Meditation on mind as "knower" Completed \_\_\_\_\_ Dates \_\_\_\_\_

## REQUIRED READINGS

Discovering Buddhism Readings:

- What is the Mind Completed \_\_\_\_\_ Date \_\_\_\_\_

- Happiness, Karma, and Mind Completed \_\_\_\_\_ Date \_\_\_\_\_

- Everything Comes from the Mind Completed \_\_\_\_\_ Date \_\_\_\_\_

- Understanding the Mind Completed \_\_\_\_\_ Date \_\_\_\_\_

Wish-fulfilling Golden Sun (pp. 1-3, 44-50) Completed \_\_\_\_\_ Date \_\_\_\_\_

## EXAM

According to Tibetan Buddhist teachings, the mind has four important qualities. They are:

\_\_\_\_\_

Bonus Question: What did the Buddhist Monk say to the hot dog vendor? \_\_\_\_\_

Course Teacher's signature verifying above \_\_\_\_\_

To complete this module to FPMT standards, these requirements remain:

Follow the instructions in the FPMT online course for the two-day weekend deity retreat with meditation on lam-rim -OR- attend the equivalent retreat at the Kadampa Center - date completed \_\_\_\_\_

FPMT online course Final Exam - date completed \_\_\_\_\_

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 Integrated Practice, you must complete the additional FPMT requirements. We recommend you begin Integrated Practice as early as possible.

revised 1/5/2019