

# Discovering Buddhism 2: How to Meditate Completion Card

To complete this module, students are required to attend all lectures and do all required reading 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 Teacher Shankha Mitra

Dates of course Nov 7 - Dec 19, 2016 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 PRACTICE SESSION

Meditation on breath	# Done _____	Dates _____
9-round breathing	# Done _____	Dates _____
Meditation on the mind itself	# Done _____	Dates _____
Meditation on deity or Shakyamuni w/mantra	# Done _____	Dates _____
Meditation on precious human rebirth	# Done _____	Dates _____
Practice session	Done _____	Dates _____

## REQUIRED TEXTS

Wish-fulfilling Golden Sun (pp. 39-43)	Done _____	Date _____
<i>How to Meditate</i> by Kathleen McDonald	Done _____	Date _____
Discovering Buddhism Readings		
- The Purpose of Meditation	Done _____	Date _____
- Meditation on the Mind Itself	Done _____	Date _____
- Simple Meditations	Done _____	Date _____
- A Short Teaching on Calm Abiding	Done _____	Date _____
- Ch 3 of Transforming Adversity Into Joy and Courage	Done _____	Date _____

## ONE PAGE ESSAY

Please attach essay Done \_\_\_\_\_ Date \_\_\_\_\_

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 One-day practice intensive practice, OR Attend the equivalent one-day retreat at the Kadampa Center - date completed \_\_\_\_\_

Complete the Final Exam provided through the online course. - 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 9/15/2017