

About Discovering Buddhism: 02 How to Meditate

This is the *second* module offered by Kadampa Center in the 2019 - 2021 Discovering Buddhism cycle and the *second* module in the order that FPMT presents the course.

The teacher is Don Brown who is an FPMT certified teacher with over 40 years experience. Don has requested that each student participate 100%...attend all classes in their entirety, do the readings and homework, and meditate daily. If you cannot fulfill these requests you should consider taking the course from home by watching the streaming version or doing it another time. Don feels that without this kind of commitment you will be wasting your time and there will be little to no benefit. In short, you'll need to bring some rigor and gumption to the process but it will be well worth it in the long run.

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: Six classes that meet on Monday evenings from 7:00-8:30pm beginning March 4, 2019 and ending April 8, 2019.

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

Discovering Buddhism at Home, Subject Area 2, How to Meditate (often referred to as "online reading") contains:

- *The Purpose of Meditation*, by Lama Zopa Rinpoche
- *Meditation on the Mind Itself*, by Lama Thubten Yeshe
- *Simple Meditations*, by Lama Zopa Rinpoche
- *A Short Teaching on Calm Abiding*
- *Listening, Thinking, and Meditating*, by Geshe Jampa Tegchok

The Wish-fulfilling Golden Sun of the Mahayana Thought Training by Thubten Zopa (part 3 for pp. 39-43)

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

- *Mindfulness in Plain English*, by Bhante Gunaratana
- *How to Meditate*, by Kathleen MacDonald

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<ul style="list-style-type: none">- 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 2 using the enrollment key <i>calmabiding07</i>

Integration Practices

Additional integration practices are required by 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

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: Mar 4 Mar 11 Mar 18 Mar 25 Apr 1 Apr 8

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 gompa door and on the entry concierge desk.
4. Snail mail checks to: The Kadampa Center, 5412 Etta Burke Ct. Raleigh, NC 27606.