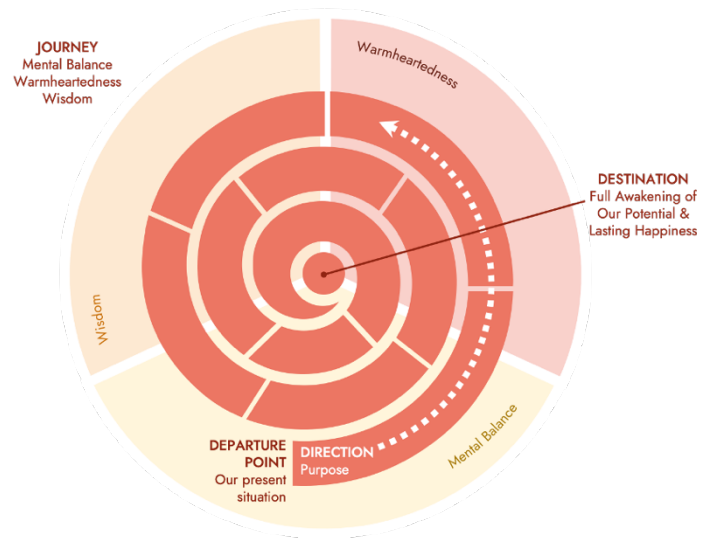


GETTING TO KNOW YOUR MIND

What is our mind? What are the afflictions that obscure our inner potential? Can they be removed? Why do we often struggle with the same mental patterns? How deep and vast is the potential of our mind?

We will explore such questions from an experiential point of view, using both scientific and Buddhist knowledge of the mind and meditation, in a journey that may translate into increasing lasting happiness and a positive impact on oneself, others, and the world.



Introduction

The course “Getting to know your mind” focuses on an exploration of the mind to understand what it is, its characteristics, and how can we become more aware of our mental processes and of our mind itself. It also deepens into techniques to diminish mental afflictions, and reflects on the possibility of the continuity of the mind and on karma. It is complemented by references to some current scientific understanding on the mind.

This short course is a part of the FPMT “Buddhist Mind Science: Activating Your Potential” series, which introduces the Buddhist knowledge of the mind and meditation to provide practical techniques and insight on the mechanisms of suffering and happiness, finding purpose and mental balance, and how to discover and activate our inner potential for warmheartedness and wisdom, all in harmony with a comparative modern scientific perspective and with the aim to contribute to the welfare in this world.

The Journey

“Getting to know your mind” gradually unfolds as a journey along different topics:

1. **Refining attention** deepens into stabilizing meditation by presenting obstacles and qualities to cultivate when meditating in calming our minds.
2. **Introducing the nature of the mind** challenges our understanding of what the mind is by presenting the mind and its nature from a Buddhist perspective, with practices to put it under examination by meditating on the nature of mind.
3. **How the mind is stained** explores how, despite the nature of the mind is pure, afflictions arise and obscure us from seeing its deep nature.
4. **Removing the stains from the mind** presents strategies to diminish the power of afflictions so that we find better well-being and conducive conditions to further explore the mind and its possibilities.
5. **Exploring the depth, vastness, and continuity of the mind** explores the depth and vastness of the mind and continues to challenge us by suggesting an investigation about the possibility of the continuation of mind after this life.
6. **The continuity of actions** presents the notion of karma, how our actions leave an imprint that conditions us, and the role of intention in this process. It concludes with an exploration of the value of this life under these perspectives.

A Part of the “Buddhist Mind Science: Activating our Potential” Course

The course follows a gradual approach, with a strong experiential component that invites everyone to reflect and check by themselves the different topics presented along the modules. With a strong emphasis on transforming daily life in meaningful ways, it provides both Buddhist and scientific perspectives. It consists of seven modules:

- Module 1. **Cultivating lasting happiness: What Buddhism and science have to say about it** focuses on an exploration of purpose in life and what leads to dissatisfaction and suffering, and what to happiness for oneself and others. It gives a general foundation that is further developed in the following modules.
- Module 2. **Transforming the mind to cultivate lasting happiness** focuses on meditation, mental balance, and emotions.
- Module 3. **Getting to know your mind** focuses on the mind.
- Module 4. **Fundamental trainings to achieve lasting happiness** focuses on the foundations of the Buddhist paths.
- Module 5. **Wise paths to the heart** focuses on warmheartedness.
- Module 6. **The nature of perception** focuses on wisdom.
- Module 7. **Embodying warmheartedness and wisdom** focuses on engaged warmheartedness and wisdom.

Modules 1 to 3 have a broad approach that present meditation and the mind, Module 4 presents the foundations of the Buddhist paths with strong emphasis on what can help us in daily life, and Modules 5 to 6 further develop the concept and practice of warmheartedness and wisdom. There are multiple entry points to the course: all modules can be engaged as stand-alone courses, so that everyone can engage at any point, and conclude each one with a sense of completion. Each module consists of six units that can be done in 1.5-hour sessions (9 hours) approximately. Each unit includes readings, exercises, reflection, debate, and meditation.

May it be beneficial for as many sentient beings as possible.