

BUDDHIST MIND SCIENCE Activating Your Potential



An FPMT Introductory Course

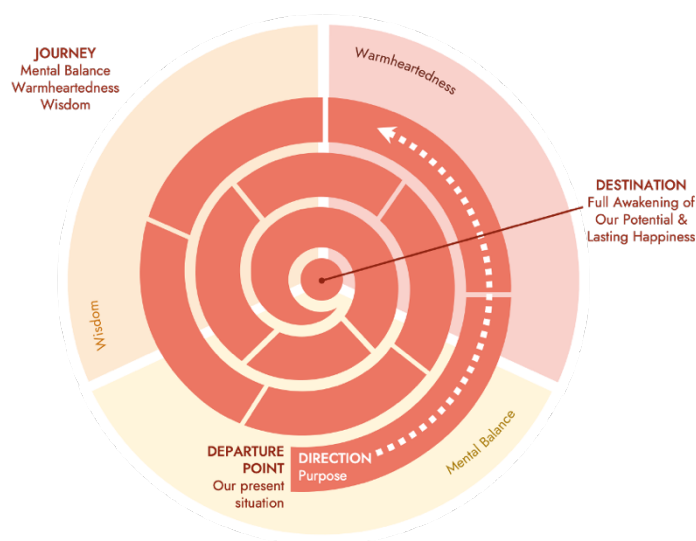
Discover the workings of the mind and the mechanisms of suffering and happiness.
Unlock your potential for mental balance, compassion and wisdom.

4. FUNDAMENTAL TRAININGS TO CULTIVATE LASTING HAPPINESS

The Fundamental Buddhist Paths

What are the fundamental practices that lead to freedom from suffering and its causes? Why do we feel dissatisfaction? Is it possible to overcome it? Could ethical values, awareness, and wisdom contribute to a fundamental state of well-being and freedom from suffering? How? Is it possible to fully unlock our potential?

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 “Fundamental trainings to cultivate lasting happiness” is an introduction to the fundamental practices that Buddhism offers to cultivate the paths that lead to freedom from suffering and its causes. It concludes by presenting the possibility of awakening, the maximum expression of our potential. It is complemented by references to current scientific understanding on why is it that we feel unsatisfied, ethics, the development of attention, and wisdom.

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, including a comparative modern scientific perspective and with the aim to contribute to the welfare in this world.

The Journey

“Fundamental trainings to cultivate lasting happiness” gradually unfolds as a journey along different topics:

1. **The possibility of liberation** starts by exploring how afflictions cloud our mind and our potential for well-being, thus producing suffering; and how by liberating ourselves from afflictions we can liberate ourselves from suffering and unlock our potential for happiness and well-being.

2. **Inner satisfaction** explores what struggles are we facing right now that keep us dissatisfied, and some mechanisms of dissatisfaction and satisfaction. We learn to cultivate inner satisfaction and contentment.
3. **Cultivating ethics** presents the importance of ethics in life and how it is a fundamental training in the path of liberation from suffering. We explore how to strengthen our ethical values in life.
4. **Cultivating concentration** presents the importance of being able to focus our attention and how concentration is a fundamental training in the path of liberation from suffering. We explore how to cultivate concentration in life.
5. **Cultivating wisdom** presents the importance of wisdom in life and how it is a fundamental training in the path of liberation from suffering. We explore how to start cultivating wisdom in life.
6. **Expanding it to others** expands the knowledge acquired so far about ourselves towards others, and explores the possibility of making room in our hearts and minds for all sentient beings and to develop them at their fullest, achieving full awakening with the highest aspiration of wishing to benefit all beings.

A Part of the Course:

“Buddhist Mind Science: Activating our Potential”

The course “Buddhist Mind Science: Activating Your Potential” 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:

1. **Cultivating lasting happiness: What Buddhism and science have to say about it**, is an exploration of purpose in life and what leads to dissatisfaction and suffering, and what to happiness, for oneself and others. It also explores the value of warmheartedness and wisdom, and it lays out the general foundation for the following modules.
2. **Transforming the mind to cultivate lasting happiness**, focuses on meditation, mental balance, and emotions.
3. **Getting to know your mind**, focuses on the mind.
4. **Fundamental trainings to cultivate lasting happiness**, presents the foundations of the Buddhist paths.
5. **Wise paths to the heart**, focuses on warmheartedness.
6. **The nature of perception**, focuses on wisdom.
7. **Embodying warmheartedness and wisdom**, explores how to bring the values of warmheartedness and wisdom into the world.

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.



Foundation for the Preservation of the Mahayana Tradition