

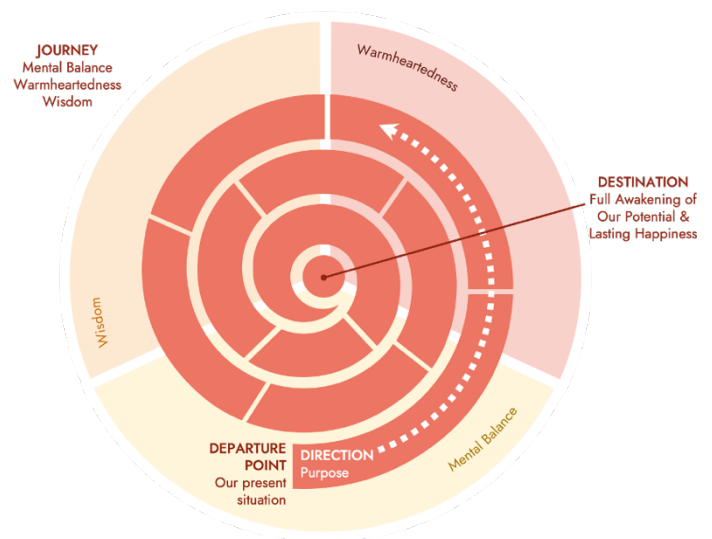
CULTIVATING LASTING HAPPINESS

What Buddhism and Science Have to Say about It

Syllabus

“Cultivating Lasting Happiness” gradually unfolds within its sessions as a journey:

1. A universal need: Exploring the common ground that we all want to find happiness and overcome suffering, and initial techniques to balance body and mind.
2. Are we pursuing happiness in the best way? An exploration from the Buddhist Four Truths and probing into common ways to pursue happiness—are we succeeding?
3. Following the scent of lasting happiness: Establishing meaningful directions and ways to cultivate lasting happiness and activate our potential.
4. Meditation and mind training: Presenting the tools.
5. Balancing the mind: Using the tools to cultivate the fundamental qualities of equanimity, a caring attitude towards oneself and others, compassion and wisdom.
6. Warmheartedness and wisdom as a source of lasting happiness: Applying the tools to activate our potential for the benefit of oneself and others.



The Journey Stage by Stage

This module follows a gradual approach that starts by finding a meaningful purpose. We first establish the common ground that we all want to find happiness and to avoid suffering and whether we always succeed in fulfilling such wishes (**Session 1**).

Then, we move into understanding where we are and some of the attitudes and causes that prevent us from fulfilling this wish, or that do not fulfill it completely (**Session 2**). From them, we see where we can go: what meaningful directions can we establish to find lasting happiness and unlock our potential (**Session 3**). To that aim, the frame of the Buddhist Four Truths is used, as well as information from scientific research.

If we conclude that the mind has an important role in our experiences, then it would make sense to adopt a path of mind transformation, using methods that have a positive impact on these experiences. This sets the ground for introducing meditation and mental transformation techniques as tools for a healthy transformation (**Session 4**).

A caring attitude towards oneself and others, which are fundamentals of mental balance and attitudes, are next presented. From them, the path of wisdom and warmheartedness is introduced, as a way to find a meaningful purpose for oneself and others and to uncover our potential (**Session 5**). The module concludes with a deeper exploration of what warmheartedness and compassion means, and how they can be developed for the benefit of oneself and others (**Session 6**).

The topics are explored from the Buddhist point of view, as well as from a scientific approach. Along the course, practices to balance body and mind, develop awareness, and take care of oneself and others are introduced, as well as practices to deeper explore the reasons and meanings of the suggested topics.

Having done this first exploration, we can embark on a life journey that may translate into increasing lasting happiness and a positive impact on oneself, others, and the world.

The topics are explored from the Buddhist point of view, as well as from a scientific approach. Along the course, we will learn practices to balance body and mind, to develop awareness, and to take care of oneself and others, as well as practices to deeper explore the reasons and meanings of the suggested topics.

Inner development and transformation take place through a process in which we gain knowledge, reflect on it and reach conclusions, and then we integrate it and live according to them. Might inner qualities such as love, compassion, and wisdom be a source of lasting happiness and true benefit for oneself and others? If so, we are going to embark on a life journey that might translate into increasing lasting happiness and a positive impact on oneself, others, and the world.

Expected Learning Outcomes

The outcomes indicate what results do we expect from the course and each session, but they go beyond a particular session or the course, as they include attitudes, realizations, and capabilities that can be developed along with our life. The outcomes of this module include:

- To recognize and increase awareness of our common wish to be happy and not to suffer, and to understand whether we always succeed in fulfilling such wishes or not.
- To explore and increase awareness of the strategies that we employ to fulfill such wishes and check whether they work.
- To recognize strategies that work in building up lasting happiness and to establish a meaningful direction.
- Based on such awareness, start emphasizing those things that effectively help us in establishing a meaningful direction towards lasting happiness and unlocking our potential, and gradually abandon those that do not work or that even have deleterious effects.
- As we see the need and benefit of it, to learn and use particular methods techniques, and tips that will help us build up lasting happiness. Starting balancing the mind, to explore wisdom and warmheartedness as paths to fulfillment and as capabilities that are part of our most inner potential.
- To recognize that we can be happier, more compassionate, and wiser and that we can make a difference and a positive impact on ourselves, others, and the world.