

1. Mind and Its Potential

DESCRIPTION

Examine what is “mind,” its nature and function, and how it affects our experience of happiness and suffering. Come explore the differentiation between mind and brain, mind as the creator of our experiences, and the implications of possessing a mind that has no beginning and no end. In addition, learn methods to transform destructive thoughts and attitudes and create a positive and joyous mind.

TOPICS

- Nature of mind: clear and knowing
- Identifying Buddha-nature (our potential for enlightenment)
- Mind as a beginningless and endless continuity
- Mind is not the brain
- Mind is not created by a superior being or parents
- Mind as the source of happiness and suffering
- Techniques for changing the mind
- Precious human rebirth
- Introduction to disturbing emotions and how to transform them

REQUIRED INTEGRATION PRACTICES

- Meditation on continuity of mind
- Meditation on space-like clarity
- Meditation on the experience of mind as “knower”
- Meditation on precious human rebirth
- One-day practice intensive on the mind

REQUIRED TEXTS

- *Wish-fulfilling Golden Sun* (pp. 1-3, 44-50)
- *Make Your Mind an Ocean*, by Lama Thubten Yeshe
- *Becoming Your Own Therapist*, by Lama Thubten Yeshe
- *Discovering Buddhism Required Reading*, “Mind and Its Potential”

SUGGESTED INTEGRATION PRACTICES

None

SUGGESTED TEXTS

- *Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute*
- *Open Heart, Clear Mind*, by Thubten Chodron
- *The Mind and its Functions*, Editions Rabten Choeling
- See *Example Course Outlines* of this subject area for more titles

SUGGESTED VIDEOS

- *Heart of Tibet: An Intimate Profile of His Holiness the Dalai Lama*
- *Ethics for the New Millennium*, His Holiness the Dalai Lama