

# 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
- *Overcoming Differences*, HHDL (SLP)

### **SAMPLE COURSES**

- *Mind and Its Potential*: Ven. Thubten Dhondrub
- *Mind: What is it?* Thubten Yeshe

### **ESTIMATED TIME REQUIRED TO OFFER THIS COURSE:**

- Sessions: 3-4
- Retreat 1 day
- Public Exams 2-4 hours