

Requirements for Official Completion of Discovering Buddhism

Discovering Buddhism is intended to be an integrated program combining rigorous study, reflection, discussion, regular meditation, and practical application of the teachings (especially during the discussion sessions). It is not designed as an academic study of Buddhism, but as a way to get an experiential taste of Buddha's teachings. Ultimately, it is about transforming our minds to make our lives most meaningful.

Students who officially complete the program receive a certificate of completion. On top of providing the opportunity to rejoice for having gone through all the steps and developed your understanding and practice, a certificate of completion enables you to apply to teach the Discovering Buddhism topics at FPMT centers (provided other requirements are also met).

To be eligible for a certificate of completion, students must receive credit for completing each of the Discovering Buddhism modules. To complete each module, students are expected to:

1. Read all of the assigned required readings.
2. Attend every session, and, if unable to make it to a session, make up for the missed session by watching the recording.
3. During each group discussion, demonstrate respect toward other group members and their views. Do not speak to or about group members or their views in demeaning or divisive ways. Help the conversation stay on topic by avoiding speech that is clearly tangential to the topic being discussed.
4. Follow a consistent daily practice of at least 10 minutes of meditation every day and do each of the advised analytical meditations at least 3 times.
5. Attend the evaluation session at the end of the module, come prepared with written answers to the evaluation questions, and demonstrate understanding of the material through your written answers and through further discussion.
6. Dedicate one day to integrate the topic of the module. This can either be done in a formal Lam Rim retreat with analytical meditations on the topic or at home with at least four meditation sessions on the topic and as much as possible of an awareness of the topic in between.

If you are interested in receiving credit for completing the current module, please commit to fulfilling the above requirements by filling out the items below.

I commit to fulfill all of the above requirements for the current module.

Name of Module: _____

Name of Student: _____

Date: _____

Signature: _____

This form is to be handed in or emailed to gus@shantidevanyc.org upon registration if you want to receive official credit for completing the module.

I certify that I have:

1. Read all of the assigned required readings. Yes / No

If you did not complete all the readings, which ones are missing, and when do you plan to read them?

2. Attended every session or watched the recording of the session. Yes / No

If you missed any sessions, please indicate how many and how you made up for each missed session:

3. Demonstrated respect and mindfulness of my speech during discussion sessions. Yes / No

If you did not demonstrate respect or mindfulness of speech, how did you deal with it and what did you learn from it?

4. Followed a consistent daily practice of at least 10 minutes of meditation and did each meditation 3 times. Yes / No

If you encountered difficulties in maintaining a consistent daily meditation practice, what were the difficulties and what changes did you implement or plan to implement for your practice to become regular?

5. Attended the evaluation session, came prepared, and demonstrated understanding. Yes / No

If you did not attend, come prepared, or feel confident during the evaluation session, would you be willing to do a make-up evaluation?

6. Did day long integration practice on the topic in a formal retreat setting or at home. Yes / No

If you did not do it yet, how do you plan to do it?

Name of Module:

Name of Student:

Date:

Signature:

This form is to be handed in or emailed to gus@shantidevanyc.org after the evaluation if you want to receive official credit for completing the module.