

Exploring Mind Training, Part II

Draft Syllabus

Purpose: To show how living in the bodhisattva vows provides a unique guide for engaging in the six perfections in daily life. This module covers these three subjects:

1. The Benefits and Purpose of Vows - To gain familiarity with the vital role that the three sets of vows play in one's spiritual path – the *pratimoksha* (individual liberation) vows; the bodhisattva vows; and the tantric vows – and in particular, to learn about and gain familiarity with the bodhisattva vows that are the ethical basis for Mahayana conduct.

2. The Bodhisattva Vows: The Eighteen Root Vows - To thoroughly examine the eighteen root vows so as to prepare oneself to take them with greater confidence if one has not yet taken them, and to also protect them well once one has taken them. To understand the factors that make the root downfall complete in order to avoid committing them. To be aware of the means by which the vows can be restored in the event that they are broken.

3. The Forty-Six Branch Bodhisattva Vows - To closely examine the forty-six branch vows so as to prepare oneself to take them with greater confidence if one has not yet taken them, and to also protect them well once one has taken them. To understand the factors that make one's transgressions of these branch vows complete in order to avoid committing them.