

# TRANSFORMING THE MIND TO CULTIVATE LASTING HAPPINESS

Are we free to choose what we pay attention to? How to be able to choose? Can we increase our mental balance? How to be able to live a healthy emotional life?

We will explore such questions from an experiential point of view, using both scientific and Buddhist knowledge of the mind and meditation, in a journey that may translate into increasing lasting happiness and a positive impact on oneself, others, and the world.

## Introduction

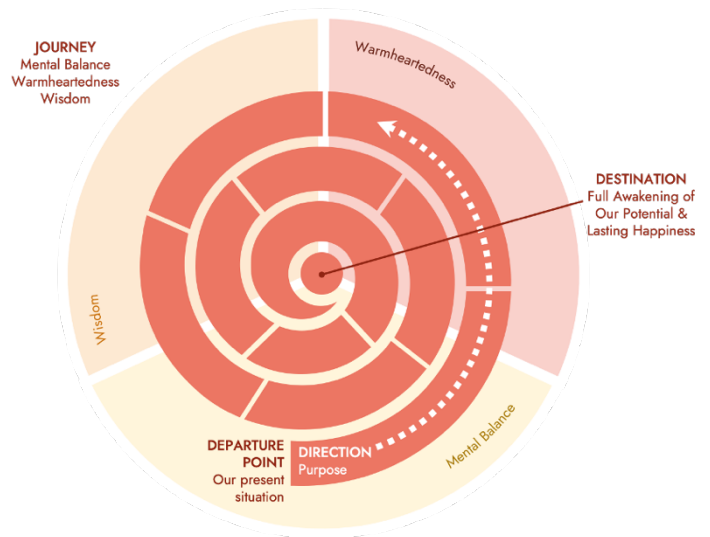
The course “Transforming the mind to cultivate lasting happiness” explores what meditation is and focuses on calming the mind and refining attention with the breath, a healthy emotional life, and enhancing wholesome emotions and mental states as first foundations for cultivating lasting happiness. It is complemented by references to current scientific understanding on attention training, well-being, empathy, and emotions.

This short course is a part of the FPMT “Buddhist Mind Science: Activating Your Potential” series, which introduces the Buddhist knowledge of the mind and meditation to provide practical techniques and insight on the mechanisms of suffering and happiness, finding purpose and mental balance, and how to discover and activate our inner potential for warmheartedness and wisdom, all in harmony with a comparative modern scientific perspective and with the aim to contribute to the welfare in this world.

## The Journey

“Transforming the mind to cultivate Lasting Happiness” gradually unfolds as a journey along different topics:

1. **Settling the mind and focusing attention with the breath** explains breathing meditation to settle the mind and focus our attention, as a way to choose where we pay attention to and balance the mind.
2. **Stabilizing and analytical meditation** challenges some common notions about meditation and explores how to use our capacity to observe and analyze to enhance wholesome mental states and attitudes.
3. **Working with emotions** explores emotions, how some of them can be challenging or disturbing, and strategies to work with them.
4. **Emotions and afflictions** further deepens into it by presenting the Buddhist perspective on emotions and afflictions.
5. **A healthy emotional life** explores how regulating emotions is not only about dealing with the challenging ones, but also about gaining perspective over our own views and enhancing wholesome emotions and mental states.
6. **Bringing the practice to daily life** concludes with bringing more awareness to our emotions and to activities in daily life.



## A Part of the “Buddhist Mind Science: Activating our Potential” Course

The course follows a gradual approach, with a strong experiential component that invites everyone to reflect and check by themselves the different topics presented along the modules. With a strong emphasis on transforming daily life in meaningful ways, it provides both Buddhist and scientific perspectives. It consists of seven modules:

- Module 1. **Cultivating lasting happiness: What Buddhism and science have to say about it** focuses on an exploration of purpose in life and what leads to dissatisfaction and suffering, and what to happiness for oneself and others. It gives a general foundation that is further developed in the following modules.
- Module 2. **Transforming the mind to cultivate lasting happiness** focuses on meditation, mental balance, and emotions.
- Module 3. **Getting to know your mind** focuses on the mind.
- Module 4. **Fundamental trainings to achieve lasting happiness** focuses on the foundations of the Buddhist paths.
- Module 5. **Wise paths to the heart** focuses on warmheartedness.
- Module 6. **The nature of perception** focuses on wisdom.
- Module 7. **Embodying warmheartedness and wisdom** focuses on engaged warmheartedness and wisdom.

Modules 1 to 3 have a broad approach that present meditation and the mind, Module 4 presents the foundations of the Buddhist paths with strong emphasis on what can help us in daily life, and Modules 5 to 6 further develop the concept and practice of warmheartedness and wisdom. There are multiple entry points to the course: all modules can be engaged as stand-alone courses, so that everyone can engage at any point, and conclude each one with a sense of completion. Each module consists of six units that can be done in 1.5-hour sessions (9 hours) approximately. Each unit includes readings, exercises, reflection, debate, and meditation.

May it be beneficial for as many sentient beings as possible.