

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. 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 asking Gus or someone who was there to fill you in on the details of what you missed.
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.
5. Do each of the module's assigned meditations at least 3 times. This can be included as part of one's daily meditation practice (per item 4 above), or can be done as an extra, separate element, as one wishes.
6. 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.
7. Dedicate one day to integrate the topic of the module. This can be done either in a formal Lam Rim retreat focused on analytical meditations on the topic of the module, or at home with at least four meditation sessions on the topic and as much awareness of the topic as possible in between the sessions.

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.

Student's name _____

Module _____

Date _____

Signature _____

This form is to be handed in or emailed to db@shantidevameditation.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 discussion 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 been mindful 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. 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. Did each of the assigned meditations at least 3 times. Yes / No

If you did not finish this component yet, which meditations do you still need to do, how many times, and when do you plan to do them?

6. Attended the evaluation session, come prepared, and demonstrated understanding. Yes / No

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

7. 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?

Student's name _____

Module _____

Date _____

Signature _____

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