

# ***Introduction to Exploring the Mind***

**Exploring Buddhism Pilot Program, Jamyang Buddhist Centre, London**

**By Geshe Tenzin Namdak**

## **Introduction**

The *Exploring Buddhism* program is a new program developed by the FPMT Education services to offer an in-depth investigation into selected topics of Buddhist philosophy and practice. This program prepares one to engage in more advanced Buddhist studies, such as the *FPMT Basic Program*, through introducing key Buddhist philosophical concepts and connecting them to the context of practice and realization. The complete course curriculum for Exploring Buddhism consists of two levels, the first of which currently consists of six modules.

The first module of Level One for Exploring Buddhism is “Exploring the Mind” and teaches the principal levels of our potential to bring about changes in our minds culminate in achieving full enlightenment. It also explores the common ground between the universal aspects of Buddhist mind science and those of contemporary science.

By studying different ways to distinguish and classify various types of consciousness and the definitions of each one, we learn how to reduce destructive emotional states and generate constructive ones, all the way up to the realizations of the paths and their final result, full enlightenment. To be able to progress efficiently on this spiritual path to enlightenment it is very essential to understand our minds well. Exploring the Mind, is explained under the following six headings:

- What the Mind Is
- Destructive and Constructive Emotions
- Objects and Object-Possessors
- Two Types of Awarenesses
- Seven Types of Awarenesses
- Main Minds and Mental Factors

To integrate the material further, Appendix One of the textbook gives an overview of meditations which can be done according to the six sections of this module. Appendix Two lists the reference material for these six sections for those who would like to explore the material more.

## **How to Prepare for the Weekend Classes**

To prepare well for the coming up weekend classes, students are advised to read the material to be covered in advance. If you do this, you will get more out of the teaching sessions because you will already have some familiarity with the information presented in the teachings and can focus more on the details and meaning. If you don't, no matter how well you think you know the tradition, you can be left struggling in the actual teaching sessions to absorb a mass of new information. This will leave you little mental space to catch the finer detail, contemplate the meaning and to go deeper. Also, if you don't, it will also affect the quality of your participation in the discussion sessions such as your ability to share your experience and understanding with others and to benefit from the experience and understanding of others. For the first weekend (16-17 October 2021) please read till the section “Wrong Consciousness” on page 16 (of the actual page number printed) of the text and for the second weekend of this module (13-14 November 2021), please read the remaining part of the textbook *Exploring the Mind*.

**Weekend schedule for Geshe Namdak's teachings  
on 16-17 October 2021 and 13-14 November 2021:**

Saturday: 10:00-11:30 and 11:50-13:00; 14:00-15:30

Three Teaching sessions with guided meditations and Q&A

Sunday: 10:00-11:30 and 11:50-13:00 and 14:00-15:30:

Two Teaching sessions with guided meditations and Q&A,

And group discussion 14:00-15:00 and final Q&A with Geshela 15:00-15:30

**Review and Integration Practice Weekend Days, dates TBA**

Review and Integration Practice Weekend Days will be led by Teaching Assistants in the months:  
January and February for the 2022.