

Way of the Bodhisattva

A Guide to Mind Training



|| The mind is like a wish-fulfilling jewel. It can create confusion/misery. It can also create compassionate wisdom ||

|| Start knowing your mind, and it will stop deceiving you. A stable and peaceful mind will create clarity & kindness ||

|| Once it stops instigating chaos and misery in our world, It can help us become a **Bodhisattva** - someone who is inspired to work on their own self, as well as with other people ||

A Six-Month Online Certificate Course

BY

WCCL Foundation, an NGO (est. 2001)
specialising in

Arts-Based Therapy (ABT)

Applied Buddhist Psychology & Ethics

377 Therapists trained in Arts-Based
Therapy Since 2006,

ABT practiced in more than **300** NGOs
across India.

252 Students trained in Applied
Buddhist Psychology & Ethics in
collaboration with Dept. of Pali, Savitribai
Phule Pune University

Visit www.wccf.org for more details.

FOR

Improving mental immunity, stress
management and building mental
resilience. Based on WCCL's 19 years of
work in the area of therapy and mind-
training.

This Guide to the mind is for all.

We invite students, teachers, therapists,
working professionals, entrepreneurs and
householders to attend, study your mind,
and systematically cultivate the awakened
mind.

Sarva Mangalam



WCCL Foundation

COURSE FORMAT

Study - Contemplation - Action

- 🌸 **Online Lectures** by senior faculty
- 🌸 **Regular Meditation & Contemplation Instructions** (daily at-home practice) with online support by academic assistants.
- 🌸 **Creative assignments**, debates, movie reviews, based on a structured “Practice Schedule” with regular feedback from the academic assistants.

TOPICS & CONTENT

Developing Bodhichita (Awakened Mind) & Perfecting Six Levels of Mind Training

- 1. Dāna** - open heart and hands.
How generosity can result in abundance
- 2. Śīla** - ethical conduct.
How discipline can be used for stability.
- 3. Ksānti** - managing anger.
How patience makes life flow with ease.
- 4. Virya** - joyful movement.
How joyous energy transforms the ordinary into the magical.
- 5. Dhyāna** - stability and analysis.
How focusing inwards can clear the mind.
- 6. Prajñā** - right view
How wisdom makes you see things as they really are.

COST

Ex-students of ABPE/Arth Courses: Rs. 9,000/- (Study material not required. Use previously given material)

Indian Students: Rs. 10,000/- (Study material included)

Outside India: Rs. 12,000/- (Plus shipping charges of study material at actuals)

APPLICATION FORM & PROCESS

Step 1: Complete online application form by clicking on this link:

<https://forms.gle/1jUVw1U4MaZ432DKA>

Step 2: WCCL will send you an Acceptance letter & Course Fee Payment Details.

WCCL reserves the right to admission

SCHEDULE

September	13 (Sun), 20 (Sun), 27 (Sun)
October	4 (Sun), 11 (Sun), 18 (Sun)
November	1 (Sun), *[6,7,8 Fri, Sat, Sun], 29 (Sun)
December	6 (Sun), 13 (Sun), 20 (Sun)
January	10 (Sun), 17 (Sun), 24 (Sun) 31 (Sun)
February	7 (Sun), [12, 13 Fri, Sat], 14 (Sun) - Closure Session

Regular class (Sun) from 7.30 am to 10 am.

* **Guest Lectures** (Fri/Sat, Fri/Sat/Sun) from 11:00 to 1 & 3:00 to 5:00 (4 Hours)

CONTACT US



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BASED ON

This Course is based on the classic Buddhist text called Bodhicharyāvātāra by Acharya Śāntideva (Shantidev). The entire text is a treasure of mind training.

The course lifts-off these gems from the pages of the book and places them within the reach of the lay person, regardless of religious orientation, beliefs, or non-belief systems

WHY THIS TEXT

Since the 8th Century, this text has guided people. The objectives of Buddha's teachings, as illuminated by Acharya Shantidev, was to show people **how to see things as they really are** and offer access to a set of **psychological tools** which, at the very least, can improve our sense of inner peace and happiness. More than this, with patient application, these tools transform our whole experience of reality.

One of the most quoted verses of the *Guide* is a verse you may have already encountered, a favourite of many teachers and psychologists:

**Where would I possibly find enough leather
with which to cover the surface of the earth?
Yet wearing leather just on the soles of my shoes
is equivalent to covering the earth with it.**

In spite of its deeply philosophical approach, the psychological tools are always rooted to

household level problems. Acharya

Chandrakirti, another Nalanda scholar reflects on this and writes,

**Ordinary individuals, craving happiness,
Cannot live without comfort.**

**Recognising that comfort comes from generosity,
It was this the Muni (Buddha) spoke of first.**

SCIENTIFIC INQUIRY

1970s: just a handful of scientific articles on the topic of meditation or mindfulness. 2014 there were 925 articles and in 2016 there were 1,113. **Davidson & Goleman* categorise these studies into two - Deep and Wide path.

The deep path is an intensive practice of a yogi. The wide approach is one where the meditation practices are removed from their spiritual context and distributed widely - as is the case with certain 'Mindfulness Techniques' or 'Transcendental Meditation'.

Scientific studies done on the deep path have shown that beyond the pleasant *states* meditation can produce, the real payoffs are the lasting *traits* that can result. They also point out that, the **most compelling impacts** of practice are not better health or sharper business performance but, rather, **a further reach toward our better nature.** at the highest levels of practice we find true altered traits - changes in the brain that science has never observed before.

*The Science of Meditation, Daniel Goleman & Richard J. Davidson. Penguin Life, 2017

ABOUT THE FACULTY

Ms. Asha Balsara Read her complete profile Here: www.wccf.org

Asha is a student of Dzongsar Khyentse Rinpoche. As a teacher she has over 25 years of experience with various groups and individuals from the corporate, education, and NGO sectors. She is currently the Executive Director of WCCL Foundation.