

THE MIDDLE WAY

Buddhist View, Psychology and Practice

A 5 MONTH CERTIFICATE COURSE



By

Wisdom Matters -
Neuropsychiatry
and Wellness
Centre.

With

WCCL School of
Mind Training -
Re-establishing
Indian Mind
Traditions towards
Mental Health &
Wellbeing.



FOR

Improving mental immunity, stress management, building mental resilience and understanding the finer nuances of the Mind.

We invite students, teachers, care givers, therapists, working professionals, entrepreneurs and householders to attend, study and systematically cultivate an awakened mind.

IN THIS COURSE YOU WILL LEARN:



*Arya Manjushri's
Sword of Wisdom*

- **Introduction to the Buddhist view** - Analysis of phenomenon, Nature of reality, Dependent origination and causality, Impermanence.
- **The basic framework of Buddhist Psychology** - Unsatisfactoriness, anxiety, confusion and the Causes of it. Analysis of the Mind, Study of psycho-physical aggregates, Mental States (Samskara), Levels of Consciousness, Errors in Perception.
- **Tools and Techniques for contemplation and meditation** - Understand the basis for meditation techniques such as: Calm-Abiding Meditation (Shamatha) & Analytical Meditation (Vipashyana), Post-Meditation Practice, Mindfulness in daily life.

FORMAT

WCCL Foundation has been conducting long-term courses in Applied Buddhist Psychology since 2010, and more than 500 students have completed our courses. This course design is based on our years of experience in this field. Learning outcomes are optimum when students can listen to lectures, contemplate on what they heard, and practice according to the methods prescribed. In this way, instead of a mere intellectual understanding of the topic, the students will undergo transformation of their own mind. Hence, they will be better equipped to help others achieve the same. Course format will include:

1. Lectures (as per the schedule attached)
2. Creative Contemplation activities & Contemplative Arts
3. Meditation in Action, Assignments and Assessment.

ABOUT THE FACULTY

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

SCHEDULE

- FEBRUARY 2021: 9th, 16th, 23rd (Tuesdays)
- MARCH 2021: 9th, 16th, 23rd, 30th (Tuesdays)
- APRIL 2021: 13th and 27th (Tuesdays)
- MAY 2021: 4th and 11th (Tuesdays)
- JUNE 2021: 1st, 8th, 15th, 22nd (Tuesdays)
- EXAM SUBMISSION: Tuesday, 29th June 2021

Classes will be conducted offline at Wisdom Matters, Baner, Pune.

Timings: 9:30 am to 12:30 pm

Cost: 10,000/-

To study buddhism is to study the self,

To study the self is to forget the self,

*To forget the self is to become one
with everyone.*

- Dogen



BUDDHIST 'VIEW'

The Buddha taught the fundamental view that 'we ARE not suffering, but we HAVE suffering.' Knowing this helps us to follow the path, remove suffering and even learn what causes the suffering. In buddhism, the view is essential for both - theory & practice. If we cultivate accurate view, we can understand the true nature of mind, and gain confidence in the path (practice). Then, it will not matter so much if along the way you encounter some difficulties. Your practice will remain inspired and you will be able to clock the requisite hours of mind-training to create sustained altered traits. Prince Siddhartha's (Buddha) teachings have a replicability and reliability - many subsequent buddhist practitioners have achieved ultimate flourishing of their mind.

RESULTS AND TRENDS

*In this age of materialism, people suffer from alienation and lack of purpose and many people are seeking more, and in that process of more, there is the danger of many quick fix solutions overshadowing systematic study, understanding and practice to uproot the cause of suffering, pain, anger, loneliness etc.**

Recent brain imaging studies of practitioners who have clocked more than 30,000 hours of practice (10 - 12 years) reveals that their Capacity to generate states of loving-kindness are 'off the charts', they demonstrate superior attention skills, An advanced ability to direct and sustain their mind and mental states on a particular object/thought. Currently 26 universities in America alone, offer courses in Buddhist Studies. Harvard, UC Berkley, Princeton, Stanford, Yale, Cornell, Columbia, Rutgers, UCLA feature in this list. Visit www.mindandlife.org for more information.

ADVANTAGES OF PRACTICING 'THE MIDDLE WAY'

With the right view, one is able to walk a well-balanced path - The Middle Way. The middle way (Skt. Madhyamaka) is free from all extreme mental states like Serious/Frivolous, Less/More, Laziness/Ambition, Depression/Excitement. It is not a flatline with zero emotion or life, but a dynamic balance to constantly changing situations.

In one of His teachings to a householder turned monk called Sona, (Sona Sutta)the Buddha explains this principle using the example of a Veena. In his meditation, Bhikku Sona was pushing himself really hard, but not getting much result. Disappointed, he asked Buddha, if he should just go back and live a life of ease with his wealthy family? The Buddha knew that Sona played the Veena, and so he asked him -

"Now what do you think, Sona. Before, when you were a house-dweller, were you skilled at playing the veena?"

"Yes, lord."

"And what do you think: when the strings of your veena were too taut, was your veena in tune and playable?"

"No, lord."

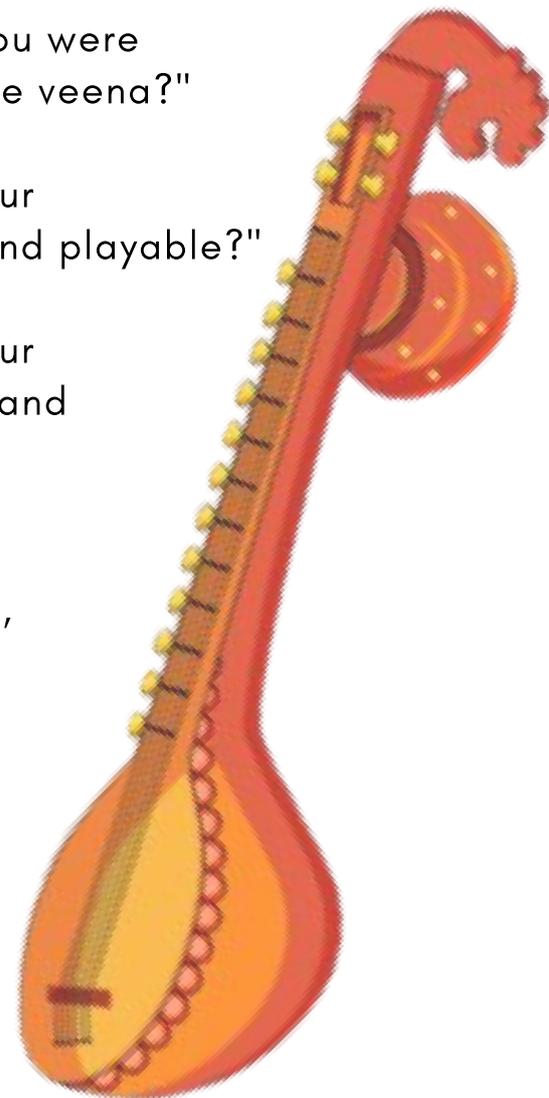
"And what do you think: when the strings of your veena were too loose, was your veena in tune and playable?"

"No, lord."

"And what do you think: when the strings of your veena were neither too taut nor too loose, but tuned to be right on pitch, was your veena in tune and playable?"

"Yes, lord."

"In the same way, Sona, over-aroused persistence leads to restlessness, overly slack persistence leads to laziness. Thus you should determine the right pitch for your persistence, attune the pitch of the faculties [to that], and there pick up your theme."



For Admission Contact Shalmalee -



+91 8390610533



info@wisdommatters.in