

Exploring Buddhism

AN EXCITING NEW EDUCATION PROGRAM

RECOMMENCING AUGUST 2022



Vajrayana
INSTITUTE

Introduction

Thank you for your interest in studying Exploring Buddhism at Vajrayana Institute, Sydney. This prospectus has been designed to provide you with useful information about the program content and structure.

Exploring Buddhism is a new education program by FPMT Educational Services. Vajrayana Institute is one of the first centres to pilot the program, providing its students with the opportunity to be some of the first in the world to experience this new program.

The program syllabus prepares students to engage in more advanced Buddhist studies by introducing key Buddhist philosophical concepts and connecting them to the context of practice and realisation. It also familiarises students with text-based explanations.

Exploring Buddhism has something to offer both experienced and intermediate students of Buddhism. We hope this guide will be a helpful point of departure on your journey.

About the Teacher

The study and practice of Buddhist philosophy in a way that is highly relevant to our daily life depends entirely on a skilled teacher to bring it to life.

Vajrayana Institute has the privilege of having a uniquely qualified Teacher who is capable of doing just that.



Wai Cheong Kok is from Singapore. He has been teaching meditation and Buddhism since 1996, with a special interest in making available the benefits of meditation to a wider audience.

From 2006-2015 and starting from 2020, he has served as a senior teacher at Vajrayana Institute, a Tibetan Buddhist Centre affiliated to the Foundation for the Preservation of the Mahayana Tradition (FPMT). After studying Dharma for several years, Wai Cheong set out to deepen his understanding of spiritual practice by completing the first 7-year Masters program in Advanced Buddhist Studies of Sutra and Tantra at

Istituto Lama Tsong Khapa in Italy from 1998-2004. This was followed by a four month solitary retreat in New Zealand.

Program Structure

Our Exploring Buddhism Program aims to provide a balance between study and practice, and between the growing understanding of the theory and the deepening of personal experience of the Buddha's teachings.

Over six modules we explore the important Buddhist philosophical topics related to the mind, the practice of meditation, the different presentation of truths, the structure of the Buddhist path, the training and transformation of our mind and thoughts, and the supporting practices of prayers and the special ngondro (preliminary practices) that are conditions for generating spiritual realisations. Special attention will be given to relate these concepts to our daily experiences to facilitate the integration of the Buddha's teaching to help us find genuine joy and peace in our life.

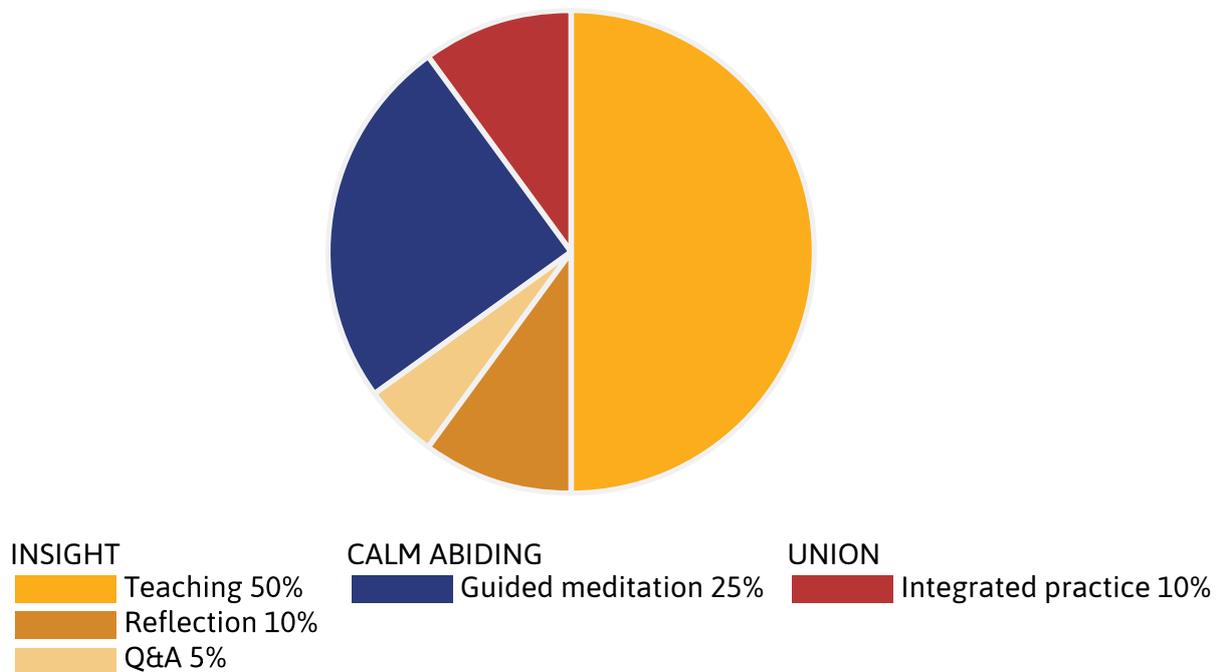
Our weekly classes are supplemented by monthly half-day practice workshops to create the conditions for integrating the intellectual knowledge with meditative practice to ensure the study of Buddhism is grounded in practical application.

We also encourage our students who identify as Buddhists to consider partaking, where possible in Vajrayana Institute's schedule of pujas or volunteering opportunities, as a way of purifying negative karma and accumulating merit, two factors that are vital on the path to Enlightenment. Similarly, for those students who do not identify as Buddhists, we encourage volunteering, as a way of embodying the teachings on wisdom and compassion.

Calm Abiding and Insight

Based on the classic paradigm for generating spiritual realisations and transformations, the program incorporates the twofold practice to unify calm-abiding and insight along with their favourable supporting conditions.

Unifying Calm-abiding and Insight



The program is structured around weekday teachings with Wai Cheong that include teaching and explanation on topical themes, Q&A, and points for reflection to take away. The learning, reflection and analysis are the basis for understanding that can give rise to insight. Each session also features a guided meditation for calming and stabilising the mind on a relevant object of meditation that contribute to the development of calm-abiding.

There are also weekend workshops with Wai Cheong that provide an opportunity to meditate on the teachings and to integrate the two aspects of reflecting on the concepts presented and stabilising the mind on the conclusions from our reflection.

Registration for each module is necessary. Students can opt to participate in the live sessions in-person at Vajrayana Institute or join online via streaming with the link provided upon registration. Supplementary materials will be made available through emails.

All the recordings and materials for the Exploring Buddhism program are available for access via subscription to our Vajrayana.tv portal.

The Syllabus

Exploring the Mind

AVAILABLE VIA VAJRAYANA.TV

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

Exploring Meditation

AVAILABLE VIA VAJRAYANA.TV

How to Organize a Meditation Session
Basic Types and Components of Meditation
How to Train in Calm-Abiding
The Stages in which Mental States Are Developed
The Concentrations of the Form and Formless Realms
The Four Close Placements of Mindfulness

Exploring the Truths

STARTING IN AUGUST 2022

Turning The Three Dharma Wheels
The Two Truths of Interdependence and Emptiness
The Four Truths leading to Freedom from Suffering
Exploring Our Own Wheel of Life
The Truths and Finding Refuge in The Three Jewels
Buddha Nature - Our Fundamental Purity

<p>Exploring the Path LATER IN 2022</p>	<p>Structure of the Buddhist Path and Gathering Inspirations</p> <p>Appreciating our Life and Death</p> <p>Shaping our own Future</p> <p>Emerging from Dissatisfaction</p> <p>Opening the Heart</p> <p>Dissolving Self-imposed Limitations</p>
<p>Exploring Mind Training FEB 2023</p>	<p>Seven-Point Mind Training</p> <p>Eight Verses of Thought Transformation</p> <p>The Bodhisattva Vows</p>
<p>Exploring the Conditions for Realisation LATER IN 2023</p>	<p>The Threefold Activities of Learning, Reflecting and Meditating for generating Realisations</p> <p>The Favourable Conditions for Realisations</p> <p>Support and Motivation for Realisations</p> <p>Purification of Obstacles to Realisations</p> <p>Accumulation of Positive Momentum for Realisations</p> <p>Receiving Blessings that Ripen Realisations</p>

Timetable

Semester Two

Exploring the Truths

Wednesday Teaching

August 3, 10, 17, 24, 31

September 7, 14, 21, 28

Sunday Workshops (Optional)

Exploring the Path

Wednesday Teaching

October 19, 26

November 2, 9, 16, 23, 30

December 7, 14, 21

Sunday Workshops (Optional)

Accessing Past Modules and Recordings



All past modules and class recordings the Exploring Buddhism program are available for access via subscription to our [Vajrayana.tv](https://vajrayana.tv) portal.

We would suggest you consider subscribing to our [Vajrayana.tv](https://vajrayana.tv) for future access to these teachings and as a way of supporting us. We appreciate your generosity and hope to be able to run more courses and events like this in the future!

Donation

Vajrayana Institute is a non-profit organisation that relies on the generous donations given by students and benefactors.

We recognise that there are those whose financial circumstances preclude them from being able to donate to the centre, and we wish to assure all our students that this will never be a barrier to attending Dharma teachings at Vajrayana Institute. The Dharma is freely offered to all who seek it.

Of course, running an in-depth study programme incurs costs to the centre and a suggested donation is \$15 per class. We appreciate your support and hope to be able to run more courses and events like this in the future!

We offer the following ways to make a donation for this course:

When Registering

When you register for the course you can make a donation.

Recurring or One-Off Donation via the Website

You can set up a recurring donation [via our donation form on the website](#).

At the Centre

You can make a donation at each class when attending at the centre.

Become a Benefactor

You may also wish to financially sponsor a student who is unable to financially donate at this time. You can make this donation through any of the above methods.