



WCCL FOUNDATION'S SCHOOL OF MIND TRAINING

AND

THE MIND AND ARTS INSTITUTE

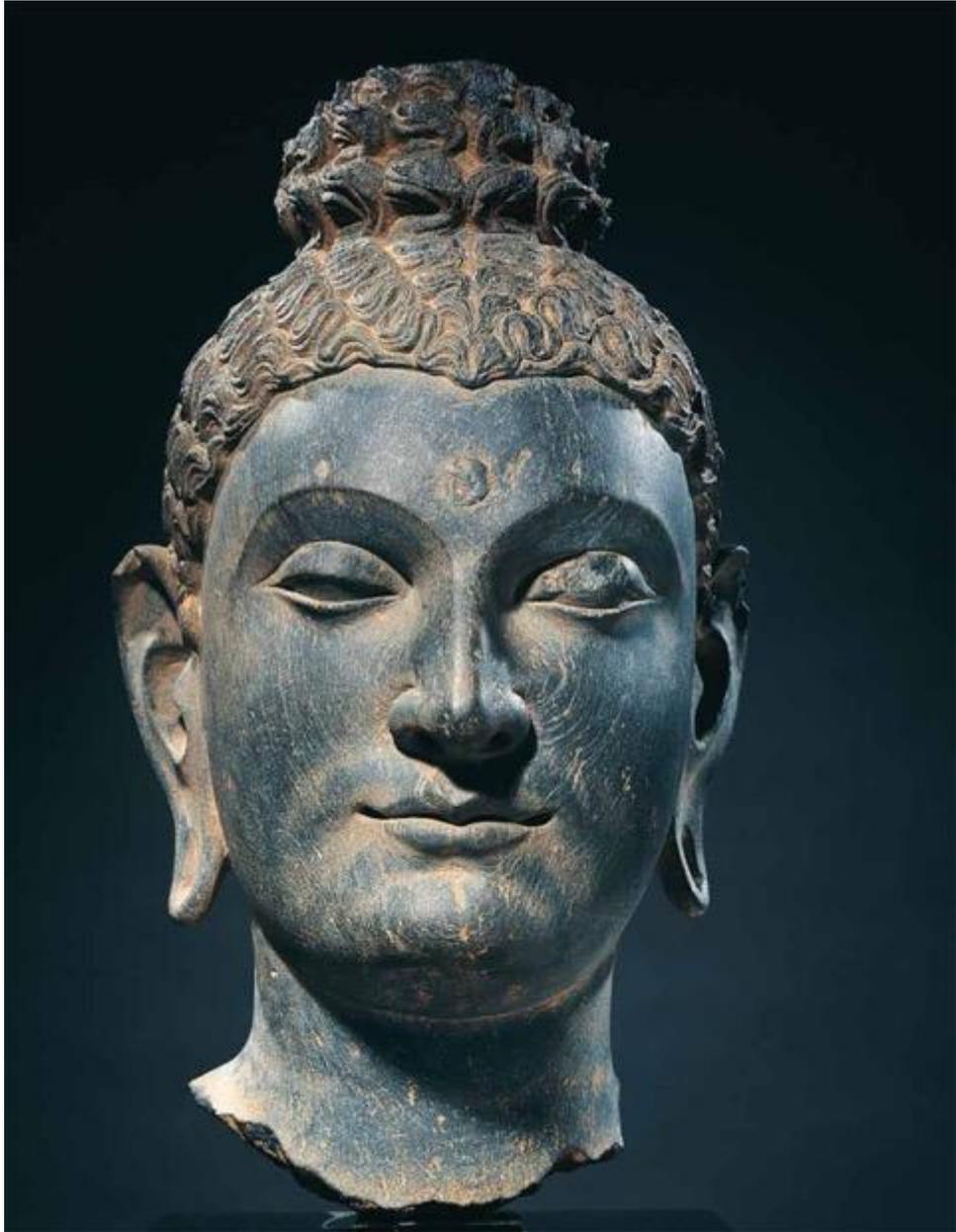


HEALING THE MIND THROUGH KNOWING THE MIND

**(6 months Online Certificate Course in Applied
Buddhist Psychology and Ethics)**

SYLLABUS

1st August, 2021 - 16th January, 2022



“Happiness and unhappiness are not primarily created by the material world or the physical body. First and foremost, they are decisions of the mind.”

- **Yongey Mingyur Rinpoche**

The mind is like a wish-fulfilling jewel (Chintamani). But what if this power is untamed and untrained? It constructs innumerable hopes (desires) and fears. Like a feather which is tossed around on the strong winds of thoughts, emotions and habits, an untrained mind remains a slave to confusion, anger, desire, jealousy and pride.

Buddha, and His illustrious lineage of students realised that, by utilising step-by-step training, one can befriend this mind, know the mind, tame it, and use it for attaining insights, which can lead to a balanced, content and healthy life.

COURSE DESCRIPTION

We spend our entire life searching for happiness and we hope to find it in material objects such as cars, fancy clothes, huge houses, latest gadgets, and they do make us happy but momentarily. We are soon looking for more things that can give us that sense of happiness and we keep fighting the pervasive sense of dissatisfaction that arises by trying to get more, do more, in the hope of finding that everlasting happiness and peace of mind. We do not want to feel extreme emotions of anger, jealousy, fear and yet they arise in full force and we are unable to control them and we end up getting caught in pain and suffering.

So how do we reduce suffering and find happiness?

This can happen by gaining an understanding of our mind, by knowing our mind.

As the course title suggests, the aim of the course is to have a deeper and accurate understanding of the mind, to see the mind as it really is, and to train our mind so as to decrease suffering and experience healing.

The course is about learning to live our life with wisdom and learning and practising the skillful means to apply the wisdom. The course content is created keeping people from different walks of life in awareness. Studying this course will benefit everyone from a college student to a mental health professional to an educator to corporate professionals.

For the students who are soon going to embark on the next stage of life, the course will help in equipping them with practical skills to cope with the pressures of life.

For the mental health professional the course will be helpful in deepening their therapy sessions and also in self-care. For an educator such as a teacher or a professor the course will equip them with skills to help understand their students and support them in a nurturing environment and also setting an example with self practice. For a corporate professional or employee, the course will equip them with practical know-how to manage the mind, to be more productive and to increase efficiency.

COURSE HIGHLIGHT

1. This is a 6- month online certificate course ending with a certification. We are hoping to have an in-person 2-day retreat once the Covid-19 situation is more in control. The retreat will be optional and payment for it can be done at a later date.
2. Participants will receive a 'certificate of completion' after satisfactorily meeting the criteria for completion and certification from The Mind And Arts Institute (M&AI) and World Centre For Creative Learning Foundation (WCCLF)
3. The course consists of 2 Semesters totalling to 72 Hours of instructions and sessions, assignments, coaching, and guest lectures
4. Graduate Students of ANY stream, students of Philosophy/Psychology Department can opt for the course. It will especially benefit mental health professionals e.g. Psychologists, Psychiatrists, Psychiatric nurses, MSWs, Healthcare workers, Counsellors and other such allied service providers. It will also benefit Future Business Leaders, Human Resource Personnel, Entrepreneurs, Artists, Scientists, Economists, Political Scientists, Educators, Administrative Officers, Environmentalists, and other key personnel whose choices can impact many people
5. Learning will be through theoretical understanding and application of the learning in daily life..

COURSE DESIGN

The course aims to introduce the Nalanda Tradition of mind study, in the format of - "Intellectual Understanding, Contemplation, and Action."

Teachers and scholars of Nalanda Tradition not only strove to understand philosophy and psychology; but they strove to implement their theories in the perfect laboratory – their own mind. A beautiful system of contemplative sciences emerged from their perseverance and hard work.

Thanks to H.H. Dalai Lama, Eminent Scholars & Researchers like Dr. Daniel Goleman (Psychologist), Dr. Paul Ekman (Scientist), Dr. Francesco Varela (Neurologist), we have begun to recognize stunning parallels between modern scientific research findings and the Buddhist Tradition.

TOPICS

Semester I: WISDOM

Objectives:

Students will be able to:

- Gain an introductory level understanding of the wisdom aspect & its applications for balanced mental health
- Understand concepts in the study of Mind from Eastern perspective

Note: The course does not aim to provide a formal pedagogy of western psychology.

Unit 1:

- a. Overview of Buddhist thought (Lineages & Vehicles) & its relevance to mental health
- b. Introduction to 4 Noble Truths - Defining suffering & Contemplating the source of mental problems, Benefits of applying View, Meditation & Action.
- c. 3 errors in perception
- d. Impermanence: change as inevitable and useful, and seeing this in daily life thereby looking at what we hold on to.
- e. Mental afflictions: Understanding Emotions & Relationships, Affect & Mood.
- f. Dependent origination: what is a compounded phenomenon? Cause-condition-effect.
- g. Beyond Suffering: Relative Truth & Ultimate Truth
- h. Mind & Cognition (Awareness & Knowing)
 - What is mind? Working of the mind
 - Valid and invalid cognition
 - Five aggregates and 51 mental factors

Unit1 : Assignments on gaining clarity of wisdom as basis for mind training and action.

Semester II: Mind Training and Action

Objectives:

- Studying the ethical framework of Bodhichitta, Paramitas & Mindfulness
- Developing a context for ethics in daily life thereby, improving interpersonal skills, social skills & achieving the purpose of life.
- To elaborate & contemplate on paramitas as per Shantideva's text " Bodhicharyavatara"

Unit 2:

- a. Bodhichitta - the foundation of ethics
- b. The Six Paramitas Training with emphasis on:
 - The ethic of restrain-, Recognizing afflictive emotions and their triggers, gain insight & act with ethical restraint.
 - The ethic of virtue - Cultivating and reinforcing our positive qualities, cultivating antidotes
 - The ethic of compassion - Practicing equanimity, compassion towards self & others
 - Mindfulness and vigilant Introspection
- c. The four immeasurable training : loving kindness, rejoicing, compassion and equanimity.
- d. Compassion based field project

Unit 2 : Guest Seminar/s & Term Assignment and certification .

Certification is subject to completing all the course requirements and regular participation and attendance of the sessions.

Course Faculty - Asha Pillai Balsara

About Asha: As a teacher, Asha has over 25 years of experience with various groups and individuals from the corporate, education and NGO sectors.

Under the guidance of Dzongsar Khyentse Rinpoche she has designed the course syllabus and manuals for :

- the Post Graduate Diploma Course in 'Applied Mahayana Buddhist Psychology & Ethics' for the Department of Pali at the prestigious Savitribai Phule Pune University. She has been teaching this course in the Department since the past 8 years and more than 200 students have successfully completed the one-year long certificate course.

- "Healing the Mind Through Knowing the Mind" course for non academic contexts. Under her guidance and along with her senior students the course is being conducted in Chennai and Mumbai for 3 years where she is also a visiting faculty.

- Pragnya Smruti- an 8 module workshop as an Introduction to Mind Training.

- She has established & taught the subject of Subtle Energy Guide in the Certificate Course in Arts-Based Therapy (ABT) for 14 years which became the ground on which the entire healing approach of ABT was built. She integrated mind-training techniques into the ABT design thereby giving therapists a vital self-care component. The course has trained 300 ABT Practitioners working with special needs groups in over 250 organisations across India since 2005.

Requirements / Eligibility Criteria:

1. Graduation in any field
2. Fluency in English - reading, speaking and writing.
3. Willingness to put in the time required for personal practice and regular assignments.
4. Students will require to have a possibility of audio and video connectivity for the session .

Venue:

Online Platform: Zoom or any other similar platform

Course Fees

Fees: Rs 16,200/-

Payable to : Mind And Arts Institute

Fees will include -A **course kit with books and manuals** and other material that will be sent by courier to the student

Course starts on **1st August 2021**

Course Duration - 6 months. once a week, 3 hour with a break of 15 minutes. The course will be online

Timing: Sunday Mornings 9:00 am - 12:00 pm

Schedule for Online Classes:

August - 1st, 8th, 15th, 29th

September - 5th, 19th, 26th

October - 3rd, 10th

November - 14th, 21st,

December - 5th, 12th,

January - 16th

The total number of hours- 72 inclusive of lectures, assignments ,coaching, guest lectures etc.

ADMISSION PROCESS:

1. FILL THE ONLINE ADMISSION FORM <https://forms.gle/P3YxdgnTPkgKFWiF9>
2. ATTACH YOUR PHOTO IDENTITY PROOF
3. ATTACH YOUR GRADUATION OR HIGHER DEGREE SCANNED COPY
4. ATTACH YOUR PHOTOGRAPH

WE WILL SEND YOU A CONFIRMATION MAIL WITHIN 3-4 WORKING DAYS OF RECEIVING THE FORM

“If you're practising Dharma, you practise it for enlightenment. Not for rights, not for freedom, not for justice, not for healing, not for getting better in a worldly way.”

-Dzongsar Khyentse Rinpoche

For Further Details

Contact : 9821308300, 9820245761

Email: mindandartsinstitute@gmail.com

Website: www.mindandartsinstitute.com & www.wcclf.org

Instagram: artsbasedtherapy