

## **FPMT Basic Program Core Subjects**

### **1. Mind and Cognition**

The way the mind knows phenomena and the mental factors that constitute the basis of our daily experience.

### **2. Buddhist Tenets**

The philosophical systems or tenets of the four main schools of ancient Buddhist thought.

### **3. A Guide to the Bodhisattva's Way of Life**

The six perfections (generosity, morality, patience, joyous effort, concentration, and wisdom) and how to practice them in everyday life.

### **4. Stages of the Path**

The stages of the path to enlightenment of beings of low, middling, and great capacity.

### **5. Heart Sutra**

Emptiness and the phenomena qualified by it.

### **6. Mahayana Mind Training (Wheel of Sharp Weapons)**

The law of actions and results, or karma; and the states of mind that shape our future experience.

### **7. Sublime Continuum**

The buddha or tathagata essence exists within every sentient being.

### **8. The Ornament for Clear Realisations**

The 173 aspects of the enlightened or omniscient mind.

### **9. Grounds and Paths of Secret Mantra**

The four classes of tantra, with emphasis on the generation and completion stages of the highest yoga tantra.

## **FPMT Basic Program Complementary subjects**

### **1. 70 Topics**

Usually incorporated into the course *Ornament for Clear Realisations*.

### **2. Death, Intermediate State and Rebirth**

A shorter course of three to four weeks, studying the process of dying, going through the intermediate state and being reborn.

### **3. A Highest Yoga Tantra commentary**

To date, Chenrezig Institute has offered commentary on the Practice of Yamantaka/Vajrabhairava four times.