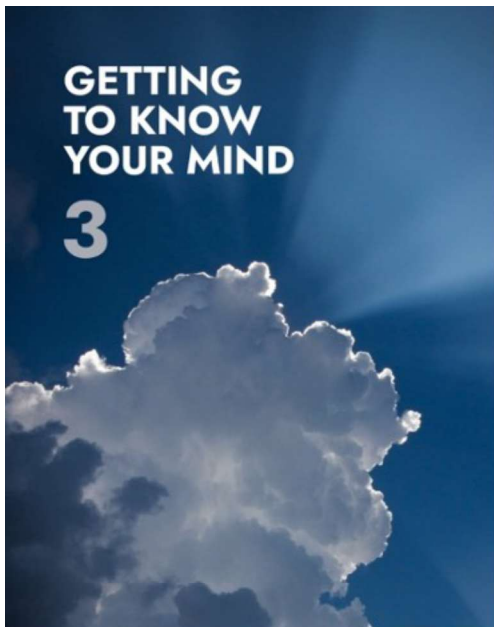




Getting to Know Your Mind

What is our mind? What are the afflictions that obscure our inner potential? Can they be removed? Why do we often struggle with the same mental patterns? How deep and vast is the potential of our mind?

Description

The course “Getting to know your mind” focuses on an exploration of the mind to understand what it is, its characteristics, and how can we become more aware of our mental processes and of our mind itself. It also deepens into techniques to diminish mental afflictions, and reflects on the possibility of the continuity of the mind and on karma. It is complemented by references to some current scientific understanding on the mind.

The Journey

“Getting to know your mind” gradually unfolds as a journey along different topics:

1. **Refining attention** deepens into stabilizing meditation by presenting obstacles and qualities to cultivate when meditating in calming our minds.
2. **Introducing the nature of the mind** challenges our understanding of what the mind is by presenting the mind and its nature from a Buddhist perspective, with practices to put it under examination by meditating on the nature of mind.
3. **How the mind is stained** explores how, despite the nature of the mind is pure, afflictions arise and obscure us from seeing its deep nature.
4. **Removing the stains from the mind** presents strategies to diminish the power of afflictions so that we find better well-being and conducive conditions to further explore the mind and its possibilities.
5. **Exploring the depth, vastness, and continuity of the mind** explores the depth and vastness of the mind and continues to challenge us by suggesting an investigation about the possibility of the continuation of mind after this life.
6. **The continuity of actions** presents the notion of karma, how our actions leave an imprint that conditions us, and the role of intention in this process. It concludes with an exploration of the value of this life under these perspectives.

