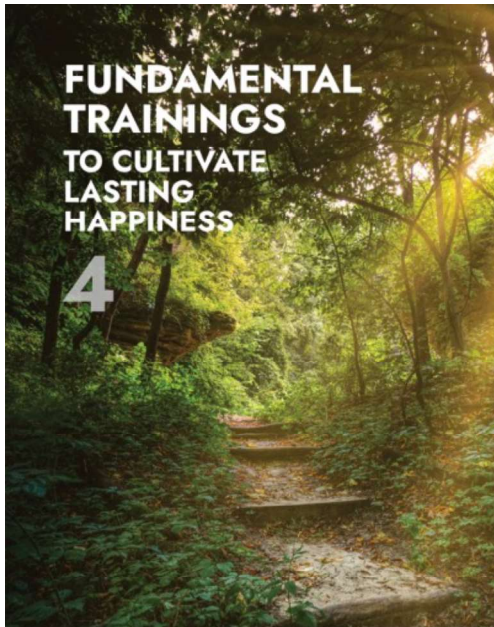




Fundamental Trainings to Cultivate Lasting Happiness

Why do we often feel dissatisfied? Is it possible to overcome it? What are the fundamental practices that lead to freedom from suffering and its causes? Could ethical values, awareness, and wisdom contribute to a fundamental state of well-being and freedom from suffering? How? Is it possible to fully unlock our potential?

Description

The course “Fundamental trainings to cultivate lasting happiness” is an introduction to the fundamental practices that Buddhism offers to cultivate the paths that lead to freedom from suffering and its causes. It concludes by presenting the possibility of awakening, the maximum expression of our potential. It is complemented by references to current scientific understanding on why is it that we feel unsatisfied, ethics, the development of attention, and wisdom.

The Journey

“Fundamental trainings to cultivate lasting happiness” gradually unfolds as a journey along different topics:

1. **The possibility of liberation** explores how afflictions cloud the mind, causing suffering and preventing well-being; and how by liberating ourselves from them we can free ourselves from suffering and unlock our potential for happiness and well-being.
2. **Inner satisfaction** explores what struggles are we facing right now that keep us dissatisfied, and some mechanisms of dissatisfaction and satisfaction. We learn to cultivate inner satisfaction and contentment.
3. **Cultivating ethics** presents the importance of ethics in life and how it is a fundamental training in the path of liberation from suffering. We explore how to strengthen our ethical values in life.
4. **Cultivating concentration** presents the importance of being able to focus our attention and how concentration is a fundamental training in the path of liberation from suffering. We explore how to cultivate concentration in life.
5. **Cultivating wisdom** presents the importance of wisdom in life and how it is a fundamental training in the path of liberation from suffering. We explore how to start cultivating wisdom in life.
6. **Expanding it to others** expands the knowledge acquired so far about ourselves towards others, and explores the possibility of making room in our hearts and minds for all sentient beings and to develop them at their fullest, achieving full awakening with the highest aspiration of wishing to benefit all beings.



BUDDHIST MIND SCIENCE
Activating Your Potential



An FPMT
Introductory
Course