

# Origins and Overview of our Tradition

a course offered by Gelongma Losang Drimay at Gyalwa Gyatso Buddhist Center, January 2012

## ***January 10 - Class One: The Purpose of Your Life***

Reading: *Liberation in the Palm of Your Hand*, Day One, from the beginning up to “So much for the setting of your motivation.”

- 3 possible goals of a Buddhist
- how we normally perform non-virtue and virtue
- developing a feeling of closeness to others
- your potential for buddhahood

## ***January 17 - Class Two: What is Lam-rim and Where did it Come From?***

Reading: *Liberation in the Palm of Your Hand*, Day One, from “Here follows the main body of the teaching...” to end of chapter.

- how to determine the authenticity of a tradition
- various texts which are sources for the Lam-rim
- various lam-rim lineages
- Three Principle Paths: the three main states of mind to be developed

## ***January 24 - Class Three: Our Indian Buddhist Heritage***

Reading: *Liberation in the Palm of Your Hand*, Day Two, from the beginning to “Go north, to the Land of Snows.”

- Atisha's early life
- Atisha's direct gurus
- The Seventeen Nalanda Masters

## ***January 31 – Class Four: How to Get a Qualified Teacher to Come to Where You Live***

Reading: *Liberation in the Palm of Your Hand*, Day Two, from “The Things He Did to Further the Doctrine after Gaining these Qualities” to end of chapter.

- the situation in Tibet around 1000 C.E. (i.e, A.D.)
- how to skilfully invite a qualified master
- how lineages get passed down
- how lineages sometimes die out

## **About participating in this course:**

You are invited to read the relevant parts of *Liberation in the Palm of Your Hand* each week in order to better learn the information, however this is not required. There won't be any homework or tests.