

APPENDIX TWO: AN OVERVIEW CHART OF THE COURSE

Topic Headings	What Buddhism Is PP. 11-28	The Essence of the Buddha's teachings PP. 29-44	Basic Principles PP. 45-58	Integration: A Path to Happiness PP. 59-68
Study	A basic overview of Buddhism; an introduction to Sogyal Rinpoche's way of teaching	The essence of the teachings, the importance of mind	The reality of impermanence and interdependence the natural law of cause and effect; the importance of motivation	A deeper understanding of the mind
Teachings	Sydney 13 Jan. 2000 London 16 Jan. 2001 Palo Alto 3 Nov. 2000	Cologne 15 April 2002 (if only one session)	Cologne 15 April 2002 Myall Lakes 6 Feb. 2001 Washington D.C. 22 May 2002	Munich 2 October 2002
Optional teachings	Stockholm 2 July 2000 or any of the above	Sydney 13 March 2001 London 16 Jan 2001 (if 2 sessions)	Any of the above	N/A
Practice	Listen with an open mind and heart and reflect on the meaning	Listen with an open mind and heart and reflect on our understanding.	Reflection on impermanence and interdependence	True happiness and peace of mind can be found within each of us
Integration	Take the teachings into your life to test their relevance and validity	What kind of actions are in your true self-interest?	See impermanence and interdependence at work in daily life	Take responsibility for ourselves and our happiness

Reading	<i>TBLD</i> Chapters One-Three	<i>TBLD</i> Chapter Four and Five	<i>TBLD</i> Chapters Six-Eight and Twelve	<i>TBLD</i> Chapter Ten
For Further study: Teachings	<p>“Finding Peace in a Changing World” TAP346</p> <p>“Discovering the Mind of the Buddhas” TAP079</p>	<p>“You Are What You Think” RL Jan. 2000, TAP316</p> <p>“The Essence of the Three Yanas” TAP051</p> <p>“The Power of Compassion” TAP050</p> <p>“Mind is Not Real” VID309</p> <p>“Living & Dying Today” TAP/VID362</p>	<p>“The Benefits of Altruism” TAP341</p> <p>“The Path to Happiness 1” TAP/VID351</p>	<p>“Applying the Teachings to Our Being” TAP344</p>
For Further study: Reading	<i>Ethics for the New Millennium, Section I, “The Foundation of Ethics”</i>	<i>Ethics for the New Millennium, Section II, “Ethics and the Individual”</i>	<i>Ethics for the New Millennium, Section III, “Ethics and Society”</i>	<i>An Open Heart, Introduction, pp. 5-25</i>