

**Mindfulness of Life Realities: For Happiness Syllabus**

Course Numbers 7950 - 7958

Senior Lecturer: Dr. Manijeh Motaghy

To earn *Mindful Traveler Certificate Of Completion* you must take at least 6 courses in this series.**Course Topics & Proposed Dates:**

<b>Wednesday 12-2pm</b>	<b>Course # &amp; Topics - 2020</b>	<b>Thursday 7-9pm</b>
<b>January 15 to Feb 19</b>	<b>The River is A Mountain: (#7950)</b> 1. What is Hard to Get. 2. Refining Meditation & Concentration	<b>January 16 - Feb 20</b>
<b>March 11 – April 15</b>	<b>The Way Out: (#7951)</b> 1. The Zone of Intention 2. Refining Meditation & Mindfulness	<b>March 12 – April 16</b>
<b>May 20 - June 24</b>	<b>Waves of Events: (#7952)</b> 1. The Uncontrollable (Personal / Societal) 2. 5 Mindfulness Trainings	<b>May 21 – June 25</b>
<b>July 8 - Aug 12</b>	<b>Buddha Nature, Human Nature: (#7953)</b> 1. How Our Lives Are Organized 2. Culture, Classes, Nations, World	<b>July 9 - Aug 12</b>
<b>Sept 2 – Oct 7</b>	<b>How I Become: (#7954)</b> 1. The Chain of Dependent Origination 2. Unbecoming	<b>Sept 3 – Oct 8</b>
<b>Oct 28 – Dec 9</b> <b>Thanksgiving OFF</b>	<b>Deeper Corners of The Soul: (#7955)</b> 1. Subtleties of Conceit & Suffering 2. Emotional Sobriety & Equanimity	<b>Oct 29 – Dec 10</b> <b>Thanksgiving OFF</b>
<b>2020 Day-long Retreat Dates: Jan 12, April 19, June 27, Oct 11 (Included in the package deal.</b>		
<b>Other Topics:</b> <b>2021</b>	<b>Qualities Worth Perfecting: (#7956)</b> 1. Qualities & Skills 2. Happiness & Contentment	<b>TBA</b>
<b>2021</b>	<b>The Laws of Interdependence: (#7957)</b> 1. Connectedness / Service / Compassion 2. Universal Generosity	<b>TBA</b>
<b>2021</b>	<b>The Power to Influence: (#7958)</b> 1. Detect and Disinfect Mind Viruses 2. Emotional Sobriety & Equanimity	<b>TBA</b>
<b>Special Courses for teams or individuals</b>	<b>Mindfulness of Strengths &amp; Barriers Workshop/Class:</b> 1. Strengths Finder 2.0 2. Living Effortlessly	<b>Send Request:</b> info@perfectlyhere.orgT

**Please note:** Themes are somewhat flexible to allow for best topics that support participants' learning and growth.

**About Dr. Manijeh Motaghy:** Manijeh concluded her Doctorate in Psychology of Management Consulting in 2008. She went on to train with various experts in the fields of teaching, training and the psychology of the mind and behavior. She earned a Certificate of Mindfulness Facilitation from UCLA MARC and received special training to teach UCLA's Signature Mindfulness Courses (MAPS). Her particular interest in Mindfulness and Buddhist Psychology and her undying efforts to better understand and apply the rich teachings of the Buddha makes her one of the most effective trainers and teachers. Manijeh has accomplished thousands of hours of experience in training others. She is a published poet and an author on the Huffington Post. She inspires everyone to raise their bar on kindness, patience, compassion and happiness. Manijeh continues to be a grateful heart.

### **Course Purpose:**

Beyond Mindfulness Series are designed by Dr. Motaghy to satisfy practitioners' desire and curiosity for knowing the art of living well. To have the space for ongoing education, practice and building a community with peers who are on the same path, a sangha. Furthermore, students have a flexible layout of courses for 12 consecutive months to plan their life and calendar around their practice. In essence, raising the bar on the importance of their inner well-being and happiness, making their practice a priority in their lives.

***The Mindfulness of Life's Realities: For Happiness Series*** are ongoing courses, offered in six sections during a calendar year. Each section may work as a stand alone course or part of the whole year commitment. Therefore, you may enter any of the courses individually at anytime. Of course, when one commits to take these courses regularly, the community building is powerful in strength and support.

**Topics** picked for these series are based on a holistic consideration of practitioner need for development. They derive from the instructor's own practice, growth, and the understanding of what may be missed when people take random mindfulness or Buddhist classes / workshops. This is to help cover important aspects of the Buddha's teachings by using Buddhist writings and other scientifically and intellectually relevant content. The content presented is an ongoing evolving process. Therefore, it will include other themes and topics in the future.

### **Course Content:**

Broadly drawn from the fields of psychology, science and wisdom practices, a powerful collection of theoretical frameworks and concepts all selected and presented in secular and practical ways. Attention is given to provide time for a balanced amount of meditation, lecture, dyads and group involvement.

**The setting** is comfortable, safe and educational with opportunities for receiving personal guidance.

### **Why Should You Take this Course?**

If you spend time reflecting on some of the following challenges, you might consider taking this class:

- I am \_\_ years old; I have lived for my resume, my job, my spouse, etc. I am proud of what I have accomplished, but is that really all there is to it? What do I live for now?
- I seek public success and approval from family, friends; my achievement masks deeper insecurities.
- I need to appear "strong" and "perfect." I rarely open up or ask for help. These actions are signs of weakness to me.
- Why do I obsess about my image? Why do I care so much about what others think of me?
- Why am I afraid to tell you who I really am?
- I obsess about status and money, but don't have the courage to pursue my personal passions.
- I want to be happy. I don't know why it's not working.

- I hate to see so much suffering out there and not be able to change anything.
- I want to know how to be kind, compassionate without losing myself.

**Course Premise:** In its simplest form, here is the theoretical premise for this class:

**To the extent that you have a clearer sense of:**

- *Within the context of who you are – seeing the causes and conditions that lead to happiness*
- *Addressing your desires for happiness*
- *Your values & principles,*
- *Your True North (unshakable values)*
- *Living a more integrated & meaningful life*
- *Increased effectiveness in various relationships*
- Increased self-love, acceptance and friendship

**Requirements:**

- Desire for deep and lasting happiness
- Consistent presence in class
- Reading the material assigned
- Meditating regularly with an intention to establish routine and consistency
- Willingness to learn and not judge oneself when thoughts of “I’m not enough arise.”

**Books, Articles, Resources:**

- Karma And Chaos – Paul R. Fleischman, M. D.
- The Experience of Impermanence – Paul R. Fleischman, M. D.
- Touchdown Anicca: An Evocation of Meditation in Everyday Life – Paul R. Fleischman, M. D.
- Mind Viruses – Richard Broady
- The Karma of Mindfulness – Thanissaro Bhikkhu
- From Heart and Hand – Ajahn Jayasaro
- Not For Sure – Ajahn Chah
- Samhadi, Pure Enjoyment – Ajahn Sujitu
- Other resources to be announced

**Course Fees:**

1. Regular Admission Per Section: \$248.00
2. Senior 65+ & Student Admission Per Section: \$228.00
3. Save \$400 for all 2020 Sections + 4 Day-long Retreats: \$1,488.00 (must pay in full)
4. Save \$420, Senior 65+ for all 2020 Sections + 4 Day-long Retreats: \$1,288.00 (must pay in full)

To Register go to: <http://perfectlyhere.org>

May the goodness of your efforts benefit all beings.

If you have any questions or need more clarification, please contact instructor at [manijeh@perfectlyhere.org](mailto:manijeh@perfectlyhere.org) or through text via (818) 917-0636.