

[Understanding Buddhism](#) is an eleven unit introductory course on the fundamental teachings of Buddhism. Each unit has been researched and compiled to be easy to navigate, easy to understand and easy to complete and was designed to be done at a pace set by oneself.

Why should you like to take time out from your busy life to study Understanding Buddhism?

As Buddhist practitioners we try to seek out answers to questions that have plagued us for most of our lives. Questions that are deep and profound, but perfectly natural, for example: Why we are alive? Why we are born? Is this all there is? Is there something, anything we are not quite getting or understanding—about life, about death? Is the meaning of life hidden? Have you ever wondered why good things happen to bad people and bad things happen to good people? These questions really deserve answers.

If you have ever asked yourself any of these questions please consider undertaking Understanding Buddhism to dip your toe in **the truth of reality**.

Each of the eleven units includes:

- Written teachings on the unit topic, e.g. the first unit is: "The Authentic Lineage of Buddha Shakyamuni"
- An audio teaching on CD by Venerable Thubten Tenzin, Ordained Buddhist Nun, Director of Blue Padma Services and Abbess of Tharpa Choeling Abbey.
- Meditations on CD
- A recommended reading list
- You will be asked to complete a one-page explanation of your understanding of each unit .

Each unit costs only \$30!

(this includes postage) and payment is made for each unit as you require them, so you only pay for one unit at a time!

To apply for the Understanding Buddhism course please fill in the form and post with a \$30 cheque or money order made out to [Blue Padma Services](#) and post to:

Understanding Buddhism  
Correspondence Course

85 Totnes Valley Rd.

Totnes Valley

NSW 2850



"We pass our lives very busily. Whether we behave well or not, time never waits for us, but goes on forever changing. In addition, our own lives continually move on, so if something goes wrong, we cannot repeat it. Life is always running out. Therefore, it is very important to examine our mental attitude. We also constantly need to examine ourselves in day to day life, which is very helpful to give ourselves guidelines. If we live each day with mindfulness and alertness, we can keep a check on our motivation and behaviour. We can improve and transform ourselves."

His Holiness the 14th Dalai Lama