

my foundation programme commitments

- To attend every class for the book/section
- To prepare for each class by studying the appropriate section and memorising the essential points beforehand
- To memorise the condensed meaning and/or root text for the book/section
- To sit an examination at the end of the course
- To attend at least one Puja a week organised by the Centre such as Heart Jewel, Wishfulfilling Jewel, Offering to the Spiritual Guide, Tara Prayer or Powa Prayers. For those studying online or by home study this can be done at home.

Please inform the FP coordinator before the class if you are unable to attend for any reason. For examples illness / health, family circumstances and unavoidable work or other appointments.

Enjoy your studies

foundation programme enrolment

I, _____ wish to enrol on Foundation Programme to study

How to Understand the Mind - Part Three

I agree to keep the programme commitments to the best of my ability

Signed _____

Date _____

Mobile _____

Email _____