

Where Living in the Path fits within FPMT Education Programming

FPMT offers nine standard programs. Some of these programs are taught only in centers while others can be followed in homestudy or online formats. Two FPMT programs - the [Masters Program](#) and [Maitripa College](#) - are hosted only in Pomaia, Italy and Portland, Oregon, USA respectively. With a broad variety of curriculum, program style and length, and locations to choose from it is best to investigate what you are looking for and then identify the program best suited to your particular needs and aspirations. A detailed description of all FPMT programs can be found on the FPMT website: www.fpmt.org/education.

Those who will be best served by the *Living in the Path* program are students who feel a personal connection to Lama Thubten Yeshe and/or Lama Zopa Rinpoche and who want to deepen their personal practice and understanding by relying on the heart advice and teachings of these two great masters.

Living in the Path is unique amongst FPMT programs in that it relies solely on the teachings of these two teachers (teachings from Lama Yeshe will only start to be added in 2011). Throughout 2010 the course materials for this program will be drawn exclusively from Lama Zopa Rinpoche's "Light of the Path" annual teaching retreats, which in turn are based on Lama Atisha's text *Light of the Path to Enlightenment*. This commentarial teaching event is scheduled to take place two weeks a year from 2008-2012. In the first two years all of the material taught was preliminary to receiving the actual commentary of the text. As Rinpoche explains, a teaching can only be an effective tool of transformation if it is preceded by proper preparation. As such, courses 1-5 are the preliminaries for the commentary that will begin in 2010 and will become online courses in late 2010-2011.

In addition to courses 1-5, Rinpoche spent a great deal of time in 2009 giving detailed advice on how to engage in specific rituals and practices. Upcoming courses will include these instructions.

If you would like to do some initial investigation of what the Tibetan Buddhist tradition has to offer, it is advised to start with [Meditation 101](#), [Buddhism in a Nutshell](#), or [Heart Advice for Death and Dying](#). If you would like to study the Lamrim (Stages of the Path to Enlightenment) in a step by step manner, one may prefer to engage with FPMT's [Discovering Buddhism](#) or [Foundation of Buddhist Thought](#) programs. If you would like to study the philosophical texts in depth, it is best to engage with FPMT's [Masters Program](#), [Basic Program](#) or [Maitripa College](#). If you would like to actualize the very foundation of the path and learn how to make every moment of your life the most meaningful then *Living in the Path* is an excellent choice. To date this program can only be followed on the FPMT Online Learning Center. Starting in 2011, various FPMT centers will be hosting the program as well.