COURSE SYLLABUS

**Course Title:** *Transforming the five Buddhist Emotions*

**Instructor:** Dr. Gretchen Groth

Gretchen Ann Groth, Ph.D. has been a Tibetan Buddhist within the Nyingma school for many years. Her teacher, Dungse Shenphen Dawa Rinpoche, appointed her as a lama, Lama Pema Chokyi and she is the meditation teacher with Yeshe Nyingpo Denver. She has been a national Organization Development and Diversity consultant and currently teaches Psychology at Metropolitan State University of Denver.

**Course Times:** Thursdays 9:30-11:30 (October 17-November 7, 2019)

**Course Location:** Ruffatto Hall, Room 206

**Course Description:**
The main five Buddhist emotions obscuring spiritual development are Anger, Desire, Delusion/confusion, Pride, and Envy/jealousy. Contrary to our typical understanding of these five, Vajrayana Buddhism relates each to a particular wisdom family when transmuted. Each family manifests a multitude of aspects such as a wisdom, specific Buddha, dakini, direction, color, mudra, sound, and so forth.

In this class, we will explore each family with particular emphasis on the dominant expressions of the emotion (confusion, jealousy, anger, desire, or pride) in our everyday life and consciousness. Although these emotions sometimes feel heavy and burdensome, this class will look at the humorous and playful dynamics of each as well as how to lessen its appearances in our everyday life.

While each person may have an affinity for one or two families, it is through acknowledging, accepting, and welcoming the energies of each family that we can experience and realize its complementary wisdom.

While not required, it is preferable for students to have taken the Buddhist Psychology class or be familiar with the basic concepts of Buddhism.

- **Session #1** – Overview of Buddhism as related to these 5 Emotions; Eastern and Western views of emotions
- **Session #2** – Exploring anger and desire
- **Session #3** – Exploring pride and jealousy
- **Session #4** – Exploring confusion/avoidance; presenting transformation approaches

**RECOMMENDED BOOKS OR MATERIALS:** Some handouts will be used.