


Course Lesson Plan: Mind Education

Course Layout

Mind Education Course 1

Week 1: Importance and Necessity of Mind Education


 Understanding why mind education is essential for personal and societal growth.


 Exploring the impact of mind education on emotional and mental well-being.

Resources:

- Importance and necessity of mind education (PDF)
- Video Lecture

Week 2: Knowledge-Based vs. Wisdom-Based Education


 Differentiating between acquiring knowledge and developing wisdom.

 Understanding how wisdom shapes decision-making and personal growth.

Resources:

- Knowledge vs. Wisdom-Based Education (PDF & Video)
- English-only version available

Week 3: Desire and Self-Control


 Exploring human desires and their impact on life choices.


 Strategies for self-control and developing discipline.

Resources:

- Lecture Plan by Richard Hong
- Desires & Self-Control: The Essentials of Life (PDF & Video)

Week 4: Wounds of the Heart – Causes and Cure

 Understanding emotional wounds and their origins.

 Healing strategies to overcome past trauma and emotional pain.

Resources:

- Wounds of the Heart: Causes and Cure (PDF & Video)

Week 5: Listening – Wisdom to Gain Hearts

✚ The role of active listening in building trust and strong relationships.

✚ Learning to listen with empathy and understanding.

✚ **Resources:**

- Listening: Wisdom to Gain Hearts (PDF, Video & English-only version)

Week 6: Importance of Contemplation & Thinking Power

✚ The power of deep thinking in decision-making and problem-solving.

✚ Techniques to develop self-reflection and mindfulness.

✚ **Resources:**

- Thinking Power & Contemplation (PDF & Video)

Week 7: Change in Perspective (Placebo Effect)

✚ Understanding the placebo effect and how mindset influences outcomes.

✚ How shifting perspectives can transform challenges into opportunities.

✚ **Resources:**

- Change in Perspective (Placebo Effect) (PDF, Video & English-only version)

Week 8: Managing the Heart

✚ Techniques to manage emotions and maintain mental stability.

✚ Building resilience through emotional intelligence.

✚ **Resources:**

- Managing the Heart (PDF & Audio)

✚ Mind Education Course 2

Week 9: The Other Side

✚ Exploring different viewpoints and perspectives in life.

Week 10: The Other Side 2

✚ Diving deeper into understanding alternate perspectives.


Week 11: Exchanging Heart-to-Heart Conversations


✚ Learning the art of deep, meaningful communication.

Week 12: The Cause of Fear and Its Solution

✚ Identifying the roots of fear and overcoming them.

Week 13: Essential Conditions for Happiness

 Discovering the fundamental principles of happiness and fulfillment.

 **Bonus:**

- **Mind Education Course 2 Introductory Video**
- Practical exercises and reflection activities each week.

 **Enroll Today to Strengthen Your Mind & Emotional Intelligence!**