



FPMT BASIC PROGRAM ONLINE Completion Certificate Option

Students can complete Basic Program Online with a final exam and obtain a BP homestudy completion certificate.

The main function of this option is to encourage engagement in all components of the program as envisioned by Lama Zopa Rinpoche, making it possible for online students to experience optimum benefits from participation in the Basic Program.

The components that constitute the requirements for a completion certificate are listed and briefly described below.

1. Completion of the nine subjects of the core curriculum

Basic Program Online students can complete these by combining BP Online subjects with center-based BP Homestudy modules or with subjects completed in a center offering BP.

2. Test at completion of subjects

The test is included with the principal study materials for each course and based on an honor system. This entails not to use any study materials for reference while taking the test. A certificate of achievement is provided upon passing the test after acknowledging the fulfillment of the certification requirements.

3. A lamrim retreat of at least one month

Minimum requirement for the BP Homestudy Completion Certificate is a one-month lamrim retreat. The completion of a three-month lamrim retreat, as advised by Lama Zopa Rinpoche for the BP in general, is not mandatory for BP Online students. A one-month retreat needs to be completed in one continuous retreat period of a minimum of four weeks. A three-month retreat can be completed in one retreat period or it can be divided into three times one month.

The retreat is ideally done upon completion of the entire BP studies, but can also be done at any time during the BP after completing the BP lamrim subject. It can be done before or after the final exam, independently or by participating in a group retreat organized by a center.

4. A three-month review period, concluded with the Basic Program final exam

To structure the review period, review questions are provided that indicate the level of the final exam and help getting an overview. The review facilitates integration of the entire Basic Program studies.

5. Conduct that accords with Buddhist ethics

To develop the practice of abstention from killing, stealing, lying, sexual misconduct (adultery), and intoxicants, and to be practicing awareness of positive and negative states in one's mind and be developing the practice of patience and concern for others in particular. This BP practice component is further explained with quotes from Lama Zopa Rinpoche in the [Basic Program Conduct and Practice info sheet](#) .

6. At least two half-hour lamrim meditation sessions per week

7. Being subscribed to and following the forum discussions for the BP Online subject one is engaged in