



Buddha Jewel Monastery Classes

2023 March - August

IN PERSON

Zen Meditation & Buddhism Classes

CLASSES	DATE & TIME			PREREQUISITES	SCHEDULE
Level I	Thu	7 - 9 pm	3/9 - 8/3 No classes on 5/18 & 5/25	All Levels Welcome (no prerequisite)	7:00 Chanting <Heart Sutra> 7:10 Sitting Meditation 7:40 Walking Meditation 7:50 Break / Refreshment 8:00 Dharma Lecture 9:00 Dedication of Merits
Level III (A)	Wed	7 - 9 pm	3/8 - 8/2 No classes on 5/17 & 5/24	Prerequisite: Level II	

One Incense

One Hour Guided Meditation

Tuesday Evenings 7 - 8 pm	3/21 - 8/8
Sunday Mornings 10 - 11 am	3/5, 3/12, 4/23, 5/28, 6/25, 7/23
<ul style="list-style-type: none"> Chanting <Heart Sutra> (10 mins) Sitting Meditation (30 mins) Walking Meditation (10 mins) Dedication of Merits (10 mins) 	<p>Drop In</p> <p>All Levels Welcome (no prerequisite)</p>

General Guidelines

- All students should maintain a healthy lifestyle with sound body and mind.
- To maintain the purity of the monastery, all solicitation and business related activities are prohibited.
- All Dharma events and classes are free of charge. We are supported by generous donations from our members. Any donation is appreciated and will benefit yourself and others.
- Those who finish the course will receive a certificate and be qualified for the next level.

Dress Code

- Comfortable and modest attire (long sleeves and long pants). Socks are required.
- Meditation clothing may be obtained at the monastery (Optional).

Buddha Jewel Monastery Class Curriculum

2023 March – 2024 February

LEVEL 1	LEVEL 2	LEVEL 3	
<p><u>MEDITATION:</u> Mindfulness / Meditation Techniques</p>	<p><u>MEDITATION:</u> Mindfulness / Compassion Contemplation</p>	<p><u>MEDITATION:</u> Mindfulness / Middle Way Reality</p>	
<p><u>DHARMA LECTURE TOPICS:</u> Mindfulness & Fundamentals</p> <ul style="list-style-type: none"> ▪ Mindfulness & Meditation ▪ Karma and Causality ▪ The Buddha ▪ Three Jewels / Three Refuges ▪ Four Tenets of Chung Tai ▪ Five Precepts & Ten Wholesome Deeds ▪ Vegetarianism & Buddhism ▪ Four Noble Truths (Sufferings, Causes of Sufferings, Nirvana, Noble Eightfold Path) 	<p><u>DHARMA LECTURE TOPICS:</u> Compassion & Bodhisattva Practices</p> <ul style="list-style-type: none"> ▪ The Bodhisattva Ideal ▪ Compassion Contemplation ▪ Six Perfections (Charity, Moral Conduct, Tolerance, Diligence, Meditation, Wisdom) ▪ Introduction to Mahayana ▪ Four Immeasurable Minds ▪ Four Ways of Fellowship ▪ Four Foundations of Mindfulness ▪ Samatabhadra’s Ten Practices 	<p><u>DHARMA LECTURE TOPICS:</u> Middle Way Reality & Mind Ground Dharma</p>	<p>(A)</p> <ul style="list-style-type: none"> ▪ The Essence of Mahayana (10 weeks) ▪ Dependent Arising & 12 Links of Interdependence ▪ Karma, Emptiness & Middle Way ▪ Self, No-Self & Middle Way ▪ Introduction to Chan Patriarchs
		<p>(B)</p> <ul style="list-style-type: none"> ▪ Sutra of the Eight Realizations of Great Beings (10 weeks) ▪ Introduction to Buddhist Schools ▪ Types of Dhyana Practices ▪ Gradual Cultivation & Sudden Enlightenment ▪ Sixfold Buddhahood 	
<p>20 Classes All Levels</p>	<p>20 Classes Prerequisite: Level 1</p>	<p>40 Classes Prerequisite: Level 2</p>	
<p>2023 MAR – AUG</p>	<p>2023 SEP – 2024 FEB</p>	<p>2023 MAR - 2024 FEB</p>	



法會禪修活動 Dharma Events

2023 年 3 – 7 月 | March – July, 2023

名稱 Events	日期 Date	時間 Time	備註 Remarks
金剛經法會 Diamond Sutra Ceremony	3/19 (Sun.)	9:20 am ~ 12:30 pm	法會程序 Schedule : • 佛前供燈 Lamp Offerings • 誦經/禮懺 Chanting • 主法開示 Dharma Talk • 供僧 Offering to Sangha • 佛前大供 Grand Meal Offering to Buddhas / 消災超薦 Blessing & Memorial Services 歡迎社會大眾參與 All Are Welcome
八十八佛洪名寶懺法會 88 Buddhas Repentance Ceremony	4/16 (Sun.)		
浴佛節法會 Buddha Bathing Ceremony	5/21 (Sun.)		
藥師經法會 Medicine Buddha Ceremony	6/18 (Sun.)		
	7/16 (Sun.)		
半日禪 Half Day Retreats	4/2, 5/7, 6/4, 7/2 (Sun.)	9:20 am ~ 12:30 pm	報名資格：禪修班學員 Eligibility: Students Only

特殊活動 Special Events

名稱 Events	日期 Date	時間 Time	備註 Remarks
金剛經共修 Diamond Sutra Chanting	4/8 (Sat.)	1:00 ~ 2:00 pm	中台山開山祖忌 A Commemorative Service for the founder of Chung Tai Chan Monastery
護法會聯誼 Dharma Support Association	TBA	TBA	報名資格：護法會義工及親友 Eligibility: Dharma Supporters and their family & friends Only