



# Buddha Jewel Monastery Classes

## 2023 September – 2024 March

IN PERSON

### Zen Meditation & Buddhism Classes

CLASSES	DATE & TIME		PREREQUISITES	SCHEDULE
Level I	Tuesdays 7 – 9 pm	Sep 12, 2023 to Mar 12, 2024	All Levels Welcome (No prerequisite)	7:00 Chanting <i>Heart Sutra</i> 7:10 Sitting Meditation 7:40 Walking Meditation 7:50 Break / Refreshments 8:00 Dharma Lecture 9:00 Dedication of Merits
		No classes from Nov 21, 2023 to Jan 2, 2024		
Level II	Thursdays 7 – 9 pm	Sep 14, 2023 to Mar 14, 2024	Prerequisite: Level I	
		No classes from Nov 23, 2023 to Jan 4, 2024		
Level III (B)	Wednesdays 7 – 9 pm	Sep 13, 2023 to Mar 13, 2024	Prerequisite: Level II	
		No classes from Nov 22, 2023 to Jan 3, 2024		

### One Incense

One Hour Guided Meditation

Tuesday Evenings 7 – 8 pm	Jul 25 – Sep 5
Monday Evenings 7 – 8 pm	Sep 11 – Nov 20
Sunday Mornings 10 – 11 am	Sep 10, Sep 24, Oct 1
<ul style="list-style-type: none"> <li>▪ Introduction (5 mins)</li> <li>▪ Chanting <i>Heart Sutra</i> (5 mins)</li> <li>▪ Sitting Meditation (30 mins)</li> <li>▪ Walking Meditation (10 mins)</li> <li>▪ Dedication of Merits (10 mins)</li> </ul>	<h3>Drop In</h3> <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).

Register Now



SCAN ME

# Buddha Jewel Monastery Class Curriculum

2023 March – 2024 March

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