

2024 Meditation Class

Register Now >>



Zen Meditation & Buddhism Classes

CLASSES	DATE & TIME		PREREQUISITES	SCHEDULE
Level I	Thursdays 7 – 9 pm	Start on Apr 18	All Levels Welcome (No prerequisite)	Chanting <i>Heart Sutra</i> (10 min) Sitting Meditation (30 min) Walking Meditation (10 min) Break / Refreshments (10 min) Dharma Lecture (55 min) Dedication of Merits (5 min)
	Fridays 10 am – 12 pm	Start on Apr 19		
Level II	Tuesdays 7 – 9 pm	Start on Apr 16	Prerequisite: Level I	
Level III	Wednesdays 7 – 9 pm	Start on Apr 17	Prerequisite: Level II	
Sutra Study	* Classes are held every other week	Start on Apr 24	Prerequisite: Level III	

One Incense

One Hour Guided Meditation

Monday Evenings
7 – 8 pm

Drop in
All Levels Welcome

- Chanting *Heart Sutra* (10 mins)
- Sitting Meditation (30 mins)
- Walking Meditation (10 mins)
- Dedication of Merits (10 mins)

General Guidelines

- All students should maintain a healthy lifestyle with sound body and mind.
- To maintain the purity of the monastery, all solicitation and none related business activities are prohibited.
- 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.

All events are free of charge. Your donations are deeply appreciated.

Buddha Jewel Monastery Class Curriculum

LEVEL 1	LEVEL 2	LEVEL 3
<u>MEDITATION:</u> Mindfulness / Meditation Techniques	<u>MEDITATION:</u> Mindfulness / Compassion Contemplation	<u>MEDITATION:</u> Mindfulness / Middle Way Reality
<u>DHARMA LECTURE TOPICS:</u> Mindfulness & Fundamentals <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 (Suffering, Causes of Suffering, Nirvana, Noble Eightfold Path) 	<u>DHARMA LECTURE TOPICS:</u> Compassion & Bodhisattva Practices <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 ▪ Samantabhadra's Ten Practices 	<u>DHARMA LECTURE TOPICS:</u> Middle Way Reality & Mind Ground Dharma
		(A) <ul style="list-style-type: none"> ▪ <i>The Essence of Mahayana Practice</i> (10 weeks) ▪ Dependent Arising & 12 Links of Interdependence ▪ Karma, Emptiness & Middle Way ▪ Self, No-Self & Middle Way ▪ Introduction to Chan Patriarchs
		(B) <ul style="list-style-type: none"> ▪ <i>Sutra of the Eight Realizations of Great Beings</i> (10 weeks) ▪ Introduction to Buddhist Schools ▪ Types of Dhyana Practices ▪ Gradual Cultivation & Sudden Enlightenment ▪ Sixfold Buddhahood
20 Classes All Levels	20 Classes Prerequisite: Level 1	40 Classes Prerequisite: Level 2