

2025 Winter Meditation Class

January – March 2025

Register Now >>



Zen Meditation & Buddhism Classes

CLASSES	DATE & TIME		PREREQUISITES	SCHEDULE
Level I (A)	Tuesdays 7 – 9 pm	Jan 7 to Mar 18 (No class on 2/11)	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)
Level II (A)	Thursdays 7 – 9 pm	Jan 9 to Mar 20 (No class on 2/13)	Prerequisite: Level I	
	Fridays 10 am – 12 pm	Jan 10 to Mar 21 (No class on 2/14)		
Level III	Wednesdays 7 – 9 pm	Jan 8 to Mar 19 (No class on 2/12)	Prerequisite: Level II	
Sutra Study	Concurrent classes	Jan 8 to Mar 19 (No class on 2/12)	Prerequisite: Level III	

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.
- Meditation clothing may be obtained at the monastery (Optional).

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

Buddha Jewel Monastery Class Curriculum

LEVEL 1	LEVEL 2	LEVEL 3	
<p><u>MEDITATION:</u> Mindfulness / Meditation Techniques</p> <p><u>DHARMA LECTURE TOPICS:</u> Mindfulness & Fundamentals</p>	<p><u>MEDITATION:</u> Mindfulness / Compassion Contemplation</p> <p><u>DHARMA LECTURE TOPICS:</u> Compassion & Bodhisattva Practices</p>	<p><u>MEDITATION:</u> Mindfulness / Middle Way Reality</p> <p><u>DHARMA LECTURE TOPICS:</u> Middle Way Reality & Mind Ground Dharma</p>	
<p style="text-align: center;">《Term A》 - 10 weeks</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 <p style="text-align: center;">《Term B》 - 10 weeks</p> <ul style="list-style-type: none"> ▪ Four Noble Truths (Suffering, Causes of Suffering, Nirvana, Noble Eightfold Path) 	<p style="text-align: center;">《Term A》 - 10 weeks</p> <ul style="list-style-type: none"> ▪ The Bodhisattva Ideal ▪ Compassion Contemplation ▪ Six Perfections (Charity, Moral Conduct, Tolerance, Diligence, Meditation, Wisdom) <p style="text-align: center;">《Term B》 - 10 weeks</p> <ul style="list-style-type: none"> ▪ Introduction to Mahayana ▪ Four Immeasurable Minds ▪ Four Ways of Fellowship ▪ Four Foundations of Mindfulness ▪ Samantabhadra's Ten Practices 	<p>A</p>	<ul style="list-style-type: none"> ▪ 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"> ▪ The Essence of Mahayana Practice
		<p>C</p>	<ul style="list-style-type: none"> ▪ Introduction to Buddhist Schools ▪ Types of Dhyana Practices ▪ Gradual Cultivation & Sudden Enlightenment ▪ Sixfold Buddhahood
		<p>D</p>	<ul style="list-style-type: none"> ▪ Sutra of the Eight Realizations of Great Beings
20 Classes All Levels	20 Classes Prerequisite: Level 1	40 Classes Prerequisite: Level 2	