

2025 Fall Meditation Class

October 2025

Register Now >>



Zen Meditation & Buddhism Classes

CLASSES	DATE & TIME		PREREQUISITES	SCHEDULE
Level I (B)	Thursdays 7 – 9 pm	Start on Oct 16	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 (B)	Tuesdays 7 – 9 pm	Start on Oct 14	Prerequisite: Level I	
Level III (A)	Wednesdays 7 – 9 pm	Start on Oct 15	Prerequisite: Level II	
Sutra Study	Concurrent classes	Start on Oct 15	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 non-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.

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Buddha Jewel Monastery Class Curriculum

LEVEL 1		LEVEL 2		LEVEL 3	
<u>MEDITATION:</u> Mindfulness / Meditation Techniques <u>DHARMA LECTURE TOPICS:</u> Mindfulness & Fundamentals		<u>MEDITATION:</u> Mindfulness / Compassion Contemplation <u>DHARMA LECTURE TOPICS:</u> Compassion & Bodhisattva Practices		<u>MEDITATION:</u> Mindfulness / Middle Way Reality <u>DHARMA LECTURE TOPICS:</u> Middle Way Reality & Mind Ground Dharma	
A	▪ Mindfulness & Meditation ▪ Karma and Causality ▪ The Buddha ▪ Three Jewels / Three Refuges ▪ Four Tenets of Chung Tai ▪ Five Precepts & Ten Wholesome Deeds ▪ Vegetarianism & Buddhism	A	▪ The Bodhisattva Ideal ▪ Compassion Contemplation ▪ Six Perfections (Charity, Moral Conduct, Tolerance, Diligence, Meditation, & Wisdom)	A	▪ Dependent Arising & 12 Links of Interdependence ▪ Karma, Emptiness & Middle Way ▪ Self, No-Self & Middle Way ▪ Introduction to Chan Patriarchs
				B	▪ The Essence of Mahayana Practice
B	▪ Four Noble Truths (Suffering, the Causes of Suffering, Nirvana, & the Noble Eightfold Path)	B	▪ Introduction to Mahayana ▪ Four Immeasurable Minds ▪ Four Ways of Fellowship ▪ Four Foundations of Mindfulness ▪ Samantabhadra’s Ten Practices	C	▪ Introduction to Buddhist Schools ▪ Types of Dhyana Practices ▪ Gradual Cultivation & Sudden Enlightenment ▪ Sixfold Buddhahood
				D	▪ Sutra of the Eight Realizations of Great Beings
20 Classes All Levels (10 weeks each term)		20 Classes Prerequisite: Level 1 (10 weeks each term)		40 Classes Prerequisite: Level 2 (10 weeks each term)	