

Basic Buddhism

1. Bodhipakkhiya –dhamma 37 (The Requisites of Enlightenments)

- (i) 4 Satipatthana
- (ii) 4 Padhana
- (iii) 4 Iddhipada
- (iv) 5 Bala
- (v) 5 Indariya
- (vi) 7 Bojjhanga
- (vii) 8 Magga

There are many Suttas expounds about the 37 Bodhipakkhiya Dhammas. These Dhamma are brief and sagaciously explained by the Buddha. Learning the Bodhipakkhiya Dhamma is encouraging to practitioners as they can make further progress in understanding, particularly in terms of theory and ice of meditation. We will learn the key area of these Dhamma. It is helpful if you can memorise them.

2. What is the dhamma

Before you start the basis

Abhidhamma studies, it is good to have some understandings of Buddhist notion of Dhamma. We will look in whether Dhamma is something to do with religion. Moreover, we will study brief account of Abhidhammic development, especially from a psychological point of view, for instance; why and how after three hundred years of Buddha, the Dhamma paid the path for development of Abhidhamma etc.

3. What is Abhidhamma

Abhidhamma is further study of Dhamma. It explains the Dhamma in term of philosophical principle, logical numeration, and psychological analysis. The teaching is deep and profound. Therefore, students require attending previous lessons to be able to understand better. We will study here basis principle of Abhidhamma, its theory and development, and the way of practice in daily life. The book of Abhidhammatthasangaha will be primary source for study here.

4. What is Buddhist Belief?

- i. Kamma
- ii. Samsara
- iii. Dependent Origination
- iv. Nibbana

People often ask the question: If Buddhist does not believe in God then in what they do believe? Many express scepticisms about Buddhist beliefs? Our answer is to explain the concept of Kamma, Samsara, Law, Truth or Dhamma. Etc. You will learn the profound concepts of Buddhist belief; it is practices and its goal.

5. Buddhist Social and Political Life

- i. Family duties
- ii. Social norms and harmony
- iii. Political role
- iv. Buddhist economy

How did Buddhism become an organised and social religion?
Political and social norms in Buddhist life will be critically examined

focussing, in particular, on the rites and ritual practices in Buddhist family life and exploring the influence of Buddhism on political processes and policymaking.

6. Mahayana Teaching and the various Buddhist Schools of thought

The Bodhisattva Vow is to save all sentient beings. We will take a close look at the development of Mahayana thought, especially the Bodhisattva ideology of compassion, its theory of reincarnation as well as the Mahayana Buddhist goal. In addition, we will study some Mahayana texts.

7. Meditation Practice

There will be evening (from 7pm to 9pm) on every Monday and Thursday, one day and teen day meditation retreat in our vihara. The meditation aims at practical side of the course that will be learnt in the classroom.