

Dependent Origination: Seeing the Dharma

By: Gary Buck

Week One

Experiential Homework Assignment

See what you can notice about what happens when a new sensory experience catches your attention.

Try this in your sitting practice like we did in class. Even consider picking a time or spot where there will be a variety of sounds.

Try the exercise also with sight. Find a park bench to sit on where there will be people walking by. Notice how you respond to each person, the subjectivities each one evokes in you.

Go for a walk (to make it really challenging, do it downtown). Notice all the different sensory experiences, the sights, the sounds, the smells, etc. Notice what subjectivities are evoked by each.

Suggested Reading

Dependent Origination: The Buddhist Law of Conditionality by Ajahn Payutto, trans. by Robin Moore.

The Bahiya Sutta, trans. Thanissaro Bhikkhu.

<http://www.accesstoinsight.org/tipitaka/kn/ud/ud.1.10.than.html>

The Bahiya Sutta, trans. by John Ireland.

<http://www.accesstoinsight.org/tipitaka/kn/ud/ud.1.10.irel.html>