

## Buddhist Essentials 2022 - Class Schedule

*Third Wednesdays 7-9 p.m. via Zoom or UFM - TBD*

### Feb 16 **Life of the Buddha** – Steve Wilhelm and Lauren Wilson

This evening we will explore the Buddha's life 2,600 years ago, how he was a real person with bodily pains and difficult relatives just like us, and how he found complete freedom in the midst of everything. Then we'll share the evolution of the Buddha's teachings across Asia, and how over centuries Buddhist practice adapted to many cultures and peoples.

### March 16 **The Four Noble Truths** – with Susan Alotrico and Lyndal Johnson

It is said that the entirety of the Buddha's teachings can be found in the Four Noble Truths. In this class we will explore these teachings: 1) dukkha, 2) the origin of dukkha, 3) the cessation of dukkha, and 4) the path of practice leading to the cessation of dukkha.

### April 20 **The Eightfold Path** – with Lauren Wilson and Jerry Harter

With the understanding of the truths of dukkha, the cause of dukkha and the end of dukkha, we can embark on the Eightfold Path – the path that leads to awakening and the end of suffering. In this class we will discuss the elements and practice of the Eightfold Path: panna (wisdom), sila (ethical behavior and the precepts), and samadhi (concentration).

### May 18 **The Three Characteristics** – with Steve Wilhelm and Jerry Harter

The Three Characteristics are the three aspects that pervade all of conditioned phenomena: anicca, dukkha, and anatta - or impermanence, suffering, and not-self. When we begin to see these attributes in all of experience, wisdom arises that enables us to let go of clinging.

### June 15 **Five Spiritual Faculties** - with Sooz Appel and Susan Alotrico

This class will examine Buddha's teaching on the five spiritual faculties (or indriyas) of faith, effort, mindfulness, concentration and discernment. The development and balancing of these five faculties provide the support needed to navigate our spiritual life from faith to wisdom to liberation.

### July 20 **Four Foundations of Mindfulness** – with Lauren Wilson and Sooz Appel

In this evening's class, we will explore the four foundations of mindfulness - the body, feeling tones, mental states, and dhammas. Mindful examination of these foundations reveals the true nature of phenomena, leading to clear seeing and full awakening. In the satipatthana sutta this is described as the direct path to liberation.

### Aug. 17 **The Hindrances & Greed, Hatred, and Delusion** – with Jerry Harter and Lyndal Johnson

Gaining insight into obstacles on the path can turn them into possibilities. During this evening we'll explore the Five Hindrances (desire, ill will, sloth and torpor, restlessness, and doubt), and the Three Poisons (greed, hatred and delusion). We'll learn how these barriers to freedom arise in our lives, and how through our mindfulness practice we can transform them into doorways.

### Sept. 21 **The Seven Factors of Awakening** – with Lyndal Johnson and Arv Moorthy

Through discussion and practical exercises of the Seven Factors of Awakening, we will explore how awareness of these mind states helps us to let go of unwholesome tendencies and to cultivate wholesome ones, in both formal practice and our daily lives.

### Oct. 19 **The Five Aggregates** – with Sooz Appel and Lyndal Johnson

The Five Aggregates (form, feelings, perceptions, mental formations, and consciousness) show how we create an illusory sense of self moment by moment. By examining them we can come to understand how we are not so much a solid self as we may have thought.

### Nov. 16 **The Brahma Viharas and Heart Practices** – with Ara Moorthy and Sooz Appel

How do we cultivate energies that encourage our capacity for caring and compassion toward ourselves and others? In this class we will explore the heart practices called the brahma viharas - loving kindness, compassion, sympathetic joy, and equanimity. We will also consider other qualities of the heart including generosity and forgiveness

## Buddhist Essentials 2022 – Daylong Retreats

*Saturdays from 9-3:30pm via Zoom or UFM - TBD*

May 14 –**The Paramis** – with Lyndal Johnson and Sooz Appel

The Ten Paramis (generosity, virtue, renunciation, discernment, energy, patience, truthfulness, resolve, kindness and equanimity) are beautiful qualities associated with an awakened mind. Through guided meditations, dharma talks and small group discussions we will investigate each of these qualities and consider ways in which we can encourage their development in our own lives.

July 23 - **Four Foundations of Mindfulness** – with Sooz Appel, Susan Alotrico, Lauren Wilson, Steve Wilhelm

In this daylong retreat, we will discuss each of the four foundations of mindfulness - the body, feeling tones, mental states, and dhammas. Mindful examination of these foundations reveals the true nature of phenomena, leading to clear seeing and full awakening. In the satipatthana sutta this is described as the direct path to liberation. Each of the foundations will be discussed and experienced through guided meditations, dharma talks and small group discussions.

Nov 19 - **Brahma Viharas** – with Arv Moorthy, Lauren Wilson, Jerry Harter, Lyndal Johnson

How do we cultivate energies that encourage our capacity for caring and compassion toward ourselves and others? In this daylong retreat we will consider the brahma viharas of loving kindness, compassion, sympathetic joy and equanimity and explore practices for developing these qualities in our daily lives.