

*Some core ideas to gain a new perspective on our lives.*

A Six-week course exploring the Weel of Life, the Spiral Path, and the Mandala of the Five Buddhas. Provided by Vajrapriya, Cambridge Buddhist Centre, UK

Download this overview here.

#### Week 1: Four Noble Truths

- a) Notes for the teacher, including suggestions for:
  - Review of previous and introduction to this module
  - Our own questions and/vs. the Buddha's big question
  - The four truths
  - Suggestions for home practice
  - Recommended further reading
- b) Materials/handouts:
  - Text from (old) Foundation Course, *The Dharma 1*, week 7
  - Handout on main topics as given in a

#### Week 2: Views – wrong view, right view, perfect view — and qualities of Dharma

- a) Notes for the teacher, including suggestions for:
  - Learning outcomes
  - Review of last session and home practice
  - Views — perfect vision and right view
  - Suggestions for home practice
  - Recommended further reading
- c) Materials/handouts:
  - Text from (old) Foundation Course, Part 4: Exploring Buddhist Practice — Ways of thinking, Week 1: *The way to wisdom*
  - Exercise on views (in different situations)
  - Handout on main topics as given in a

#### Week 3: Conditionality – conditioned co-production as the middle way

- a) Notes for the teacher, including suggestions for:

Learning outcomes

Review of last session and home practice

Conditioned co-production: the theory; middle way (between hopelessness/wilfulness; determinism/randomness; existence/non-existence)

Interconnectedness and Indra's Net

Suggestions for home practice

Recommended further reading

- b) Materials/handouts:

Handout on main topics as given in a

Common sense view of the world

Marks of conditioned existence

#### Week 4: Facets of conditionality – impermanence, compoundedness, interconnectedness

- a) Notes for the teacher, including suggestions for:

Review of previous class and home practice – the three laksanas (with exercises)

Insight meditation

Suggestions for home practice

Recommended further reading

- b) Materials/handouts:

Handout on main topics as given in a

#### Week 5: Orders of conditionality – reactive and creative; karmic and non-karmic conditionality

- a) Notes for the teacher, including suggestions for:

Review of previous class and home practice

Orders of conditionality (5 niyamas)

What is karma?

Mind reactive & creative

How to maintain resourceful, positive mental states

Suggestions for home practice

Recommended further reading

- b) Materials/handouts:

Handout on main topics as given in a

Week 6: Wisdom and compassion – altruistic dimension of Buddhism, Bodhisattva ideal

a) Notes for the teacher, including suggestions for:

Review of previous class and home practice

Wisdom & Compassion, introductory exercise

The Bodhisattva Ideal and the Bodhicitta

Bringing it down to earth

Suggestions for home practice

Recommended further reading

b) Materials/handouts:

Handout on main topics as given in a