WHAT IS TRIRATNA? – SESSION PLAN FOR **WEEK 3**

**Main themes:**

* Introduction to chanting
* Spiritual friendship

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| **START TIME** | **TOPIC** | **LED BY** |
| 19.05 | Discussion in pairs of:   * last week’s ‘homework’ * experience of the above ritual * Have they further questions? What’s going well / what’s not going so well? | AV |
| 19.10 | Plenary session – feedback from the above | AV |
| 19.20 | Metta Bhavana (30 mins, preceded by poem by Sangharakshita?) | AV |
| 19.50 | Why do Buddhists chant?   * Some general thoughts, then some about the Shakyamuni mantra in particular | AV |
| 19.55 | Threefold puja (call & response, with Shakyamuni mantra and offerings)   * Invite any discussion afterwards | AV |
| 20.10 | Spiritual friendship: brief introduction, then read a canonical quote (from Culagosingha Sutta (Shorter Discourse in Gosingha MN31)   * Mention Triratna culture of selflessness & generosity | SB |
| 20.25 | **TEA BREAK** |  |
| 20.50 | Leader talks about spiritual friendship in context of (a) Bhante’s teaching and (b) their own life history   * could include the course team (horizontal) * as well as relationships with Bhante, preceptors and *kalyana mitras* (vertical) | SB |
| 21.00 | Pose a question that invites reflection on the meaning of the distinctive emphasis for the participant:  Can you identify elements of spiritual friendship in any of your relationships, and do you think this concept has value?   * Discussion in groups of 3 or 4 | SB |
| 21.10 | Plenary discussion based on the above | SB |
| **START TIME** | **TOPIC** | **LED BY** |
| 21.25 | ‘Homework’ for the week:   * Read about spiritual friendship in ‘Triratna’s Distinctive Emphases’ * Signpost to the PDF document ‘The Purpose of Ritual’ (in Buddhism/Taking it Further/Level 2 Course Handouts) | SB |
| 21.30 | Finish |  |