WHAT IS TRIRATNA? – SESSION PLAN FOR **WEEK 5**

**Main themes:**

* Overview of ritual & devotion
* Importance of the arts

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| **START TIME** | **TOPIC** | **LED BY** |
| 19.05 | Salute shrineDiscussion in pairs of:* last week’s ‘homework’
* experience of the above ritual
 | AN |
| 19.10 | Plenary session – feedback from the above | AN |
| 19.25 | Give an introduction to Seven-fold puja, then lead it including refuges & precepts and Avalokiteshvara mantra with offering Remember to stress ok if you don’t like ritual not a condition of following Buddhism!!! | SB |
| 20.10 following puja  | Just sitting  | SB |
|  |  | SB |
| 20.25 | **TEA BREAK** |  |
| 20.50 | Importance of the arts: brief introduction, then read a quote from ‘The Religion of Art’ (or a Japanese Buddhist poem)Remember to stress it really is about engaging our imagination in our lives !* aspects of the sciences can fulfil a similar role! (C)
 | AN |
| 21.00 | Leader talks about the importance of the arts in context of (a) Bhante’s teaching/ life ( sangharakshita 1 and 2 his experience of been a poet and Buddhist and needing to integrate these sides and (b) their own life history, experience of the arts in their life ( doing art and or taking art in ! | AV |
| 21.10 | Pose a question that invites reflection on the meaning of the importance of the arts for the participant* How does your experience of the arts expand your consciousness, and how could you develop this ?
 | AV |
| 21.15 | Plenary discussion based on the above | AV |
| 21.25 | Homework’ for the week:* Read the relevant section of ‘The Distinctive Emphases of Triratna’
* Consider what aspects of the arts (or sciences) inspire you to reach beyond your normal sphere of concern
* Do something this week to open yourself to the arts / raise consciousness
 | AV |
| 21.30 | Finish |  |