SANGHARAKSHITA’S SYSTEM OF DHARMA LIFE - PLAN FOR **WEEK 6**

**Main themes:**

* The idea of ‘supra-personal force’;
* The dangers of ‘literalistic projection’ on the transcendental;
* The need for a connection via a ‘transcendental object’;
* What is our sense of the Buddha (and through which sense)?

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| **START TIME** | **TOPIC** | **LED BY** |
| 19.05 | Saluting the shrine | Ch |
| 19.10 | Body awareness, them Mindfulness of Breathing (25 mins)   * Could read a poem (e.g. excerpt from Diamond Sutra, section 32) | Ch |
| 19.35 | Discussion in threes, then brief plenary: what has been most useful or interesting over the last 5 weeks? | LM |
| 19.45 | Recap of the whole course:   * Dependent arising & cessation in general, and the law of karma in particular; * The importance of an organizing principle for our scattered energies (integration); * Taking responsibility for our actions and their consequences (skillful action); * Responding to what we feel passionate about (spiritual receptivity or dharmic responsiveness); * Letting go of fixed views of self (spiritual death) | LM |
| 19.55 | Any questions? | LM |
| 20.00 | Short talk introducing spiritual rebirth:   * The *dharma-niyama* opens up for us to the extent that we are freed from the prison of self – metaphors of gardening, the sun ‘coming out’ and ‘cleaning the window’ * Also: the analogy of music: *thinking* about it doesn’t really help! * The Middle Way in terms of eternalism and nihilism (recap) * The dangers of ‘literalistic projection’ on the transcendental; | Ch |
| 20.15 | Discussion in threes, then brief plenary: what is your response to this? | Ch |
| 20.25 | **TEA BREAK** |  |

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| **START TIME** | **TOPIC** | **LED BY** |
| 20.50 | Short talk:   * The role of faith: we need some connection with the *dharma niyama* via a ‘transcendental object’; the ‘space probe’ metaphor; * This has to be personally meaningful – the link with dharmic responsiveness; * The role of the Buddha (or mythic representations of him) as the classic transcendental object | LM |
| 21.00 | Class discussion: what mundane objects in your experience seem to have the flavor of the transcendental? (Examples don’t need to be anything to do with the Buddhist tradition!) | LM |
| 21.15 | Suggested short-term tasks:   * Read the ‘spiritual rebirth’ section of the handout; * Listen to Dayanandi’s talk ‘Radical Transformation’;   In the longer term:   * Next ‘Going Further’ course: The Buddha's Noble Eightfold Path (from Tue 09 Jan, with Silabodhi) * Triratna Night, every Mon, 18.45-21.00 * Young Buddhists: 3rd Fri of month, 19.00-21.00 * Study: contact mitra convenor (write to Ch who will forward) | Ch |
| 20.20 | Short ritual: explain, then lead, Transference of Merit and Self-Surrender | Ch |
| 21.30 | Finish |  |