

## **buddhism 101. for beginners and others**

### **Course Description**

Basic teachings of the Buddhism as taught by the Buddha....looking at suffering and the end of suffering. Working on increasing self awareness and the power of mindfulness through meditation. Followed by question and answer discussion....

### **Weekly Layout:**

Basic introduction to Buddhism/ plus 1/2 of sitting meditation

Teachings on Suffering/ and causes of suffering plus 1/2 on sitting meditation

Teachings on 8 fold path....plus meditation

Teachings on impermanence plus meditation

Teachings on the 5 aggregates...plus meditation

Teachings on 8 fold path continued.....sitting meditation

Teachings on ego and no-self....plus meditation

Teachings on no-self continued.....plus meditation

Teachings on right mindfulness plus meditation

Teachings on working with distress and emotions...plus meditation

Teachings on Metta.....opening up the heart of compassion...plus meditation

Teachings on Metta continued....

Review of basic teachings