

LESSON UPDATE FOR THE YEAR 2017

Level 4

01/21/2017

Prince Siddhartha
Vandanā Gāthā

02/04/2017

We celebrated the 69th Sri Lankan Independence Day. It was a great success with many of the students presenting material on Independence Day and Sri Lanka.

03/04/2017

Recap on five great surveys, Prince Siddhārtha's birth and childhood of prince Siddhārtha (lesson 2 to 4)

04/01/2017

Lesson 05 - The youth of prince Siddhartha
Lesson 06 - The Four Sights and how it affected prince Siddhartha's view of the life
Lesson 07 - Prince Siddhartha leave the royal palace
Lesson 08 - Ascetic Siddhartha goes in search of the truth - His teachers and his efforts
Lesson 09 - Enlightenment

04/29/2017

Discussed the Seven weeks after Lord Buddha's Enlightenment and important lessons we can get and follow in our lives.

Assignment: Go through the lesson "Dasa Kusal/Dasa Akusal", understand importance of each and find examples

The second half of the school was spent practicing for the Vesak Celebrations scheduled for May 20th.

06/17/2017 and 06/24/2017

Mindfulness, the importance of being mindful, how to practice and simple steps we can take to practice it in daily life.

Sīla (one of the threefold training): the foundation for the Samadhi and Panna. How we practice Sīla, and importance of five precepts

Discuss Dasa Kusal (10 wholesome deeds) and Dasa Akusal (10 unwholesome deeds) with examples in day to day life.

Start practicing Mindfulness on day to day activities and observe any differences you fell in daily life

08/05/2017

Go through Vandanā Gāthā, understand the meaning of regularly chanted gāthā and deeper meaning of each.

Homework: Go through the gāthā we chant to worship triple gems and meaning of them.

09/09/2017

Discuss the nine qualities of Lord Buddha. Recap of the Dhamma camp topics and the action items.

Assignment: Go through qualities of Dhamma & Sangha, research on each quality.

09/23/2017

Part 1

*Origin of Pāli Language

*The Three wholesome Acts

- 1) giving making offerings, sharing, and being generous
Three type of Dana
Āmisa Dana, Abhaya Dana and Dhamma Dana
- 2) morality/discipline (Sīla)
- 3) Types of Meditation or Bhāvanā
 1. Samatha - concentrating on one object
 - a) Metta - Loving kindness
 - b) Ānāpānasati - concentrating on the breath
 - c) Buddhānussati - thinking of the great qualities of the Buddha
 2. Vidarshanā - concentrating on one's mind

Part 2

Respect -

who should we Respect?

Monks

Parents

Teachers

Elders

Book lesson on respect and discussion on respect for others and self.

***Homework is:**

1.) Daily mirror work: students are to give themselves compliments, encouragement, and well wishes while addressing themselves in the mirror in the morning and evening.

2.) If there are challenging experiences or difficulties while working with the mind, students notice them, address them, and bring any questions about how to address them for next time.

10/14/2017

Session 1: Recap of three wholesome acts. Discuss the qualities of Dhamma

Seddon 2: Join the 3rd level class to discuss the Bhavana (meditation) Journal. Practice Metta (Loving Friendliness) meditation

Assignment:

Practice Meditation and log in the journal.

Practice Vandana Gatha (lesson 12 & 18) to prepare for the year end evaluation

10/28/2017

Discuss the progress of Meditation practice at home.

Mangala Sutta: Understand the Pāli cannon (Tripitaka) and the Sutta Pitaka. Chant the Mangala Sutta and discuss the 38 great blessings that Lord Buddha discoursed.

Assignment:

Assignment: Practice the Mangala Sutta at home (you may use the below YouTube link (start from 25th second))

https://www.youtube.com/watch?v=tkjSKS_Tyfs

11/11/2017

Assessments held.

Part 2 of the assessment was sent out last Tuesday. E-mail assessment are to be submitted on or before 11/26th