

LESSON UPDATE FOR THE YEAR 2017

Level 5

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

First half:

Mind and Thoughts

Contemplation of feeling

Pleasant feelings - SUKHA VEDANA

Unpleasant feelings - DUKKHA VEDANA

Neither unpleasant nor pleasant - ADUKKHAM SUKA VEDAHA

Second half:

Welcome and introduction

Posture with cushion review

Discussed mind as a sense sphere

Body awareness and body scan

Breathing meditation

Well wishes

04/01/2017

Lesson 11 Mind and thought

How Development of Mindfulness of Breathing becomes beneficial

- The Establishment of mindfulness of body and feelings

Assignment: *What are the ways you could incorporate the practice of meditation to your daily routine.*

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

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

The Chief Disciples of the Buddha

Qualities of a good and a sincere friend

1) Saddha: trust and confidence in the Buddha, Dhamma and the Sangha

2) Sīla: morality: practicing the five precepts honestly

3) Caga: generosity, sharing and making offering to the Sangha

4) Panna: wisdom

Importance of wholesome action

Translation of Mangala Sutta

Assignment: *What are the qualities you look in a good friend?*

What are the qualities you need to have to be a good friend? How would you improve yours?

09/23/2017

*Practiced Buddhānussati

*Importance of precepts

*How to Reflect thought?

Types of Meditation or Bhavana

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

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