

Searching for the Buddha: Walking the Middle Path

Thursday evenings, 4 classes, 630-830pm, June 21,28, July 12,19, BSC Classroom

Instructor: Dexter Mar MLA at the Buddhist Study Center

Course Objective

The follow up class to ABC's of Buddhism, this course explores "How are Buddhist values used to cope with the challenges of everyday living?" Sakyamuni Buddha's teachings for ordinary people focused on using the eight-fold path, or the "Middle Way", to prepare and deal with the adversity of daily life. Better understand the gifts of the Buddha.

Course Learning Opportunities

By the end of the course we will have had the opportunity to:

- Comprehend the historical context for and development of the Buddhist tradition
- Examine the basic beliefs and practices of Buddhism.
- Become familiar with how Buddhist teachings are useful in daily living.

Textbook

There is no required textbook for the course. Suggested readings to further understanding:

"The Complete Idiot's Guide to Buddhism", Gary Gach

"Buddhism: A concise introduction", Huston Smith

"The World's Religions", Huston Smith

"What the Buddha Taught", Walpola Rahula

Class Etiquette

All questions and inquiries are welcome. There is no such thing as a "silly" question or irrelevant point of view so feel free to ask questions, comment on, or even challenge the material presented in class.

Class Schedule

#1 Life of the Buddha

Who was the Buddha? The path of Siddhartha Gautama .

#2 Learning from Life

Exploring the struggles of life and overcoming them.

#3 The Middle Path

Finding a way to cope and prepare for adversity.

#4 Your Own Path

Developing a path for spiritual fitness.

Class schedule is subject to change and may be adapted to suit the interest of the course participants.