

Foundational Teachings 2018 Syllabus

We meet at the Sodo Building (8500 NE Siskiyou) on this schedule:

7-7:10pm Evening Service
7:10-7:40 Zazen
7:40-7:50 Tea, Announcements
7:50-9 Class
9-9:10 Vespers

Instructors: Gyoshi Kaplan (mikek7424@gmail.com) and Julie Burtis (burtispt@gmail.com).

Why Study Foundational Teachings? For those new to Buddhist practice, it's helpful to get some of the basic vocabulary and concepts. It's also helpful to plant seeds that may later grow into mature practice. For those who have been practicing a while or who are coming from different traditions, we'll be looking at the Zen perspective on these teachings. For all participants, our objective is to move from a conceptual understanding to an experiential relationship with these teachings. This class series is a prerequisite for the Dharma Rain Seminary program.

Schedule of classes

- **September 5.** Introduction. Life of the Buddha in historical perspective, as myth, and as a teaching.
- **September 12.** Earliest teachings of the Buddha: First and Second Noble Truths
- **September 19.** No class (Heart of Work retreat)
- **September 26.** Earliest teachings of the Buddha: Third and Fourth Noble Truths / Eightfold Path
- **October 3.** The 3 Marks of Existence: Suffering, Impermanence, and No-self, part 1
- **October 10.** The 3 Marks of Existence: Suffering, Impermanence, and No-self, part 2
- **October 17.** Karmic conditioning. The law of karma, Sange.
- **October 24.** Dependent Origination
- **October 31.** The arc of our lives: Six Realms / Rebirth / 3 poisons
- **November 7.** Arhats and Bodhisattvas: The main Theravada and Mahayana branches. Intention, vows, practice.
- **November 14.** Zen: Key ancestors, branches of Zen
- **November 21. NO CLASS.** (Thanksgiving)
- **November 28.** Zen: a taste of Dogen

Texts: Kyogen's *Zen Roots* and Thich Nhat Hahn's *The Heart of the Buddha's Teaching* are recommended but not required. We'll have some copies of *Zen Roots* available for purchase at the first couple classes.

Other Sources on Foundational Teachings

The Buddhist Handbook, by John Snelling

The Buddha and His Teachings, by Samuel Bercholz (Editor), Sherab Chodzin Kohn (Editor)

What the Buddha Taught, by Walpola Rahula

The Illustrated World's Religions, Huston Smith