

Three Marks of Existence Class Syllabus 2019

Class Objectives:

- Students will gain a deeper understanding of each of the Three Marks and how they interpenetrate each other and work together with other of the foundational teachings.
- Students will gain an appreciation of how a wholehearted opening to the Three Marks can transform their practice.
- Students will gain confidence in exploring their personal edges in investigation of and immersion in their Dukkha, Impermanence, and No-Self.
- Have some fun with this.

Why Study the Three Marks of Existence?

Like all Dharma Rain classes there are as many ways to relate to the content of this class as there are students. But all schools of Buddhism emphasize that a deep personal relationship to the 3 Marks -- Dukkha, Anicca, and Anatta -- is essential to true practice.

Instructor: Gyoshi Kaplan (mikek7424@gmail.com)

Wednesday night schedule: We meet at the Sodo Building on this schedule:

7-7:10pm Evening Service

7:10-7:40 Zazen

7:40-7:50 Tea, Announcements

7:50-9 Class

9:10 Vespers

Schedule of classes

- **April 24, 2019.** Overview of the 3 Marks and how they tie into the other basic teachings of Buddhism, especially the Four Noble Truths.
- **May 1.** Dukkha (Suffering, Unsatisfactoriness, Yuckness).
- **May 8.** Anicca (Impermanence).
- **May 15.** Anicca.
- **May 22.** Anatta (No-Self).
- **May 29.** Anatta.

Class Format: Each class will include lecture, experiential exercises, and small and/or large group discussion. Please honor the guidelines of council process during discussion.

Homework: Homework suggestions will be given at each class. Completion of homework is not required, but working on these 'assignments' is encouraged for deeper understanding and experience of these profound teachings. After the first class, each class will begin with discussion of your experience with the previous homework assignment.

Texts: No texts are required to participate in these classes. But Rodney Smith's *Awakening - A Paradigm Shift of the Heart* (APSH) is highly recommended. It focuses primarily on Anatta, yet offers deep insights into Dukkha, Anicca, and Nirvana as well. This is a challenging book; it challenges us to practice transformation. Kyogen's *Zen Roots (ZR)* and Thich Nhat Hahn's *The Heart of the Buddha's Teaching (HBT)* are also recommended. Both address the Three Marks as well as many other basic Buddhist teachings.