

Dharma Rain Zen Center: Foundational Teachings

Fall 2021

Instructor: Annen (annen@dharma-rain.org)

Class Goals:

- Understand the origin of Buddhism, current types of Buddhism, and the place of Zen in Buddhism.
- Understand common Buddhist terms and forms
- Relate and apply Buddhist terms and forms to everyday life

Class Schedule and Materials

Date	Topics	Materials
Class 1 9/1	The beginning of Buddhism Types of Buddhism	
Class 2 9/8	The four noble truths and the eightfold path Annata, annica, and dukkah	
9/15	No class- Three Robes retreat	
Class 3 9/22	The Six Realms Karma and rebirth Dependent origination	The Six Realms 12-Fold Chain of Causation
Class 4 9/29	Zazen Forms: Good for nothing?	Fukanzazengi Zendo forms
Class 5 10/6	Precepts and Ethics	Kyojukaimon Ethics and Precepts in Sangha Relationships
Class 6 10/13	The skandhas Emptiness (<i>shunyata</i>) Absolute and relative	Heart Sutra
Class 7 10/20	Absolute and relative (con't) Koans- form and practice	
10/27	No class- Sejiki retreat	
Class 8 11/3	Bodhisattvas and the Bodhisattva vow Shantideva	
Class 9 11/10	Lineage: Male and female lines Denkoroku	Dharma Rain Chant Book
Class 10 11/17	The liturgical year Practicing at home	Liturgical year Practicing at Home