

## **Dharma Course: *Journey of the Three Yanas:***

Draft syllabus at Dec. 2022. To be studied in the context of a Buddhist practitioner's life of shila (good conduct), samadhi (meditation) and prajna (wisdom)

### **Hinayana, (five talk class)**

I. Flash of wakefulness and basic dissatisfaction leads us to enter the path of dharma. Life of Buddha as key example of spiritual journey.

[*Meditation in Action*, chaps 1&2, / *In the Buddha's Words*, pg. 54-59]

II. Four Noble Truths;

A. Suffering B. Origination C. Cessation D. Path

[1975 H/M talks 5 to 8 & Eightfold Path, *Myth of Freedom*, pg. 92 / *Heart of Buddhist Meditation*, pp. 127-31]

III. Three/four marks of existence

A. Impermanence B. Suffering or dissatisfaction C. Egolessness D. Nirvana or peace

[1975 H/M, talk 8 / *In the Buddha's Words*, pg. 341-3 ]

IV. Twelve nidanas and dependent origination;

[1975 H/M talk 10 / *In the Buddha's Words*, pg. 353 / *Treasury of Precious Qualities* pp. 85-87]

IV. Cessation, irony of the path that leads no where [1975 H/M, talk 3, pp. 28-29 / *In the Buddha's Words*, pp. 55-56 & 183-184 / *Treasury of Precious Qualities* pp. 84-85]

V. Four Foundations of Mindfulness [*Heart of the Buddha*, Chapter 3 and *Heart of Buddhist Meditation*, part two]

Note: 1975 H/M refers to 1975 *Vajradhatu Seminary, Hinayana-Mahayana* transcripts by Chogyam Trungpa Rinpoche (CTR). Book information for the other texts may be found with an internet search for the respective titles.

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### **Mahayana,**

Nine talk class, details of syllabus to be added at later date. Gampopa's Jewel Ornament of Liberation can be the main text and connect this to Chogyam Trungpa Rinpoche's seminary teachings.

I. Inspiration of Bodhichitta

II. Karma and the Six Realms

III. Aspiration and Perseverance Bodhichitta

IV to VIII. Six Paramitas (presented in three classes)

IX. Paths and Bhumis

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Vajrayana - to be determined [e.g. Journey w/o Goal / Transcending Madness]