



Buddha Gate Monastery

2024 January – July

IN PERSON

Zen Meditation & Buddhism Classes

	CLASSES	DATE & TIME			PREREQUISITES	SCHEDULE
Morning	Level 3 (B)	Tue	10 am -12pm	1/16-7/23	Prerequisite: Level 2	<ul style="list-style-type: none"> • Chanting <i>Heart Sutra</i> (10 mins) • Sitting Meditation (30 mins) • Walking Meditation (10 mins) • Break (10 mins) • Dharma Lecture (55 mins) • Dedication of Merits (5 mins)
	Level 2	Fri	10 am -12pm	1/19-7/26	Prerequisite: Level 1	
Evening	Level 3 (B)	Mon	7 – 9 pm	1/15-7/22	Prerequisite: Level 2	
	Level 2	Thu	7 – 9 pm	1/18-7/25	Prerequisite: Level 1	
	Level 1	Tue	7 – 9 pm	1/16-7/23	No prerequisite	

One Incense

One Hour Guided Meditation

Every Friday Evening 7: 00 pm – 8: 10 pm	Schedule
	<ul style="list-style-type: none"> • Chanting <i>Heart Sutra</i> (10 mins) • Sitting Meditation (30 mins) • Walking Meditation (10 mins) • Dedication of Merits (10 mins)

Drop in or Register Online <https://buddhagate.org>

All Are Welcome

General Guidelines

- All students should maintain a healthy lifestyle with sound body and mind.
- To maintain the purity of the monastery, all solicitation and business related activities are prohibited.
- All Dharma events and classes are free of charge. We are supported by the generous free will donations.
- Those who finish the course will be awarded a certificate and be qualified for the next level.

Dress Code

- Comfortable and modest attire (long sleeves and long pants). **Socks are required.**
- Optional meditation clothing may be obtained at the monastery



Buddha Gate Monastery Class Curriculum

2024 January – July

LEVEL 1	LEVEL 2	LEVEL 3				
<p><u>MEDITATION:</u> Mindfulness / Meditation Techniques</p>	<p><u>MEDITATION:</u> Mindfulness / Compassion Contemplation</p>	<p><u>MEDITATION:</u> Mindfulness / Middle Way Reality</p>				
<p><u>DHARMA LECTURE TOPICS:</u></p> <p>Mindfulness & Fundamentals</p> <ul style="list-style-type: none"> ▪ Mindfulness & Meditation ▪ Karma and Causality ▪ The Buddha ▪ Three Jewels / Three Refuges ▪ Four Tenets of Chung Tai ▪ Five Precepts & Ten Wholesome Deeds ▪ Vegetarianism & Buddhism ▪ Four Noble Truths (Sufferings, Causes of Sufferings, Nirvana, Noble Eightfold Path) 	<p><u>DHARMA LECTURE TOPICS:</u></p> <p>Compassion & Bodhisattva Practices</p> <ul style="list-style-type: none"> ▪ The Bodhisattva Ideal ▪ Compassion Contemplation ▪ Six Perfections (Charity, Moral Conduct, Tolerance, Diligence, Meditation, Wisdom) ▪ Introduction to Mahayana ▪ Four Immeasurable Minds ▪ Four Ways of Fellowship ▪ Four Foundations of Mindfulness ▪ Samantabhadra’s Ten Great Vows 	<p><u>DHARMA LECTURE TOPICS:</u></p> <p>Middle Way Reality & Mind Ground Dharma</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%; text-align: center; vertical-align: middle;">(A)</td> <td> <ul style="list-style-type: none"> ▪ <i>The Essence of Mahayana Practice</i> (10 weeks) ▪ Dependent Arising & 12 Links of Interdependence ▪ Karma, Emptiness & Middle Way ▪ Self, No-Self & Middle Way ▪ Introduction to Chan Patriarchs </td> </tr> <tr> <td style="width: 10%; text-align: center; vertical-align: middle;">(B)</td> <td> <ul style="list-style-type: none"> ▪ <i>Sutra of the Eight Realizations of Great Beings</i> (10 weeks) ▪ Introduction to Buddhist Schools ▪ Types of Dhyana Practices ▪ Gradual Cultivation & Sudden Enlightenment ▪ Sixfold Buddhahood </td> </tr> </table>	(A)	<ul style="list-style-type: none"> ▪ <i>The Essence of Mahayana Practice</i> (10 weeks) ▪ Dependent Arising & 12 Links of Interdependence ▪ Karma, Emptiness & Middle Way ▪ Self, No-Self & Middle Way ▪ Introduction to Chan Patriarchs 	(B)	<ul style="list-style-type: none"> ▪ <i>Sutra of the Eight Realizations of Great Beings</i> (10 weeks) ▪ Introduction to Buddhist Schools ▪ Types of Dhyana Practices ▪ Gradual Cultivation & Sudden Enlightenment ▪ Sixfold Buddhahood
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<p>20 Classes All Levels Welcome</p>	<p>20 Classes Prerequisite: Level 1</p>	<p>40 Classes Prerequisite: Level 2</p>				