

# Triratna Dharma Training Course for Mitras – Foundation Year

## Course Outline

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### *Part 1: Going for Refuge to the Three Jewels*

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#### **Introduction**

- *Week 1: Making Study a Practice*

Text: Based on *Talking the Dharma* by Padmavajra, with extra material.

#### **Being a Buddhist – What is a Buddhist?**

- *Week 2: A Buddhist is someone who ‘Goes for Refuge’ to the Buddha, Dharma and Sangha*

Text: Condensed from *Going for Refuge, Dimensions of Going for Refuge, Commitment and the Spiritual Community, Levels of Going for Refuge*, all by Sangharakshita.

#### **The Buddha**

- *Week 3: The Goal of Buddhism*

Text: *The Ideal of Human Enlightenment* by Sangharakshita

- *Week 4: The Founder and his Quest*

Text: *Who is the Buddha?* from *A Guide to the Buddhist Path* by Sangharakshita.

- *Week 5: The Mythic Buddha*

Text: An edited version of *Archetypal Symbolism in the Biography of the Buddha*, from *A Guide to the Buddhist Path*, by Sangharakshita.

- *Week 6: The Buddha We Can Contact*

Texts: (a) Purpose-written; and (b) *Piṅgiya's Praises of the Way to the Beyond*, from the Sutta Nipāta

#### **The Dharma**

- *Week 7: The Basic Analysis – the disease and the prescription*

Text: purpose-written

- *Week 8: The Many Dimensions of the Dharma.*

Text purpose-written

## ***The Sangha***

- *Week 9: Sangha as a Means of Development*  
Text: the *Meghiya Sutta*, from the Udāna.
- *Week 10: Sangha as an End in Itself*  
Text Chapter 2, 'Friendship as the goal' – an edited extract from *Buddhism and Friendship*, by Subhuti and Subhamati.

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## ***Part 2: Exploring Buddhist Practice – Ethics***

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- *Week 11: Why Practice Ethics?*  
Text purpose-written
- *Week 12: The First Precept – Expressing Interconnectedness*  
Text an edited extract from *The Ten Pillars of Buddhism*, by Sangharakshita, Part 2, Chapter 1.
- *Week 13: The Second Precept – the Principle of Generosity*  
Text purpose-written.
- *Week 14: The Third Precept – from Craving to Contentment*  
Text purpose-written.
- *Week 15: The Fourth Precept – the Principle of Truthfulness*  
Text purpose-written.
- *Week 16: The Fifth Precept – Awareness, not Escapism*  
Text purpose-written.

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## ***Part 3: Exploring Buddhist Practice – Meditation***

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- *Week 17: The Place of Meditation in the Spiritual Life*  
Text from the *Sāmaññaphala Sutta*, in the Dīgha Nikāya.
- *Week 18: The Triratna System of Meditation*  
Text condensed from *A System of Meditation*, in *A Guide to the Buddhist Path*, by Sangharakshita.

- *Week 19: Helps and Hindrances in Meditation*  
Text condensed from Chapter 3 of *Meditation* by Kamalashila.
- *Week 20: Integration, Access Concentration, and Dhyāna*  
Text from Chapter 4 of *Meditation* by Kamalashila.
- *Week 21: The Mindfulness of Breathing*  
Text condensed from Chapter 3 of *Wildmind*, by Bodhipaksa.
- *Week 22: The Mettā Bhāvanā*  
Text condensed from Chapter 5 of *Wildmind*, by Bodhipaksa.

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### ***Part 4: Exploring Buddhist Practice – Wisdom***

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- *Week 23: The Way to Wisdom*  
Text purpose-written.
- *Week 24: Conditionality, Karma, and Rebirth*  
Text purpose-written.
- *Week 25: The Wheel of Life*  
Text purpose-written.
- *Week 26: Spiritual Growth and Creative Conditionality*  
Text condensed from Chapter 7 of *What is the Dharma?*, by Sangharakshita.
- *Week 27: The Conditioned and the Unconditioned*  
Text condensed from Chapter 3 of *What is the Dharma?* by Sangharakshita, with additional material from Chapter 5, and from *Wisdom Beyond Words* pp. 128-131.
- *Week 28: The Unconditioned Acting on the Conditioned*  
Text condensed from *The Bodhicitta and How the Bodhicitta Arises*, in *Guide to the Buddhist Path*, by Sangharakshita, pp 186-193 (new edition), with additional material from *Ritual and Devotion in Buddhism*, pp 106-108.

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***Part 5: Buddhism and the Triratna Buddhist Community, Devotional Practice***

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- *Week 29 An Overview of the Buddhist Tradition*  
Text purpose-written.
- *Week 30: The Triratna Buddhist Community and the Unity of Buddhism*  
Text condensed from Chapter 2 of *Sangharakshita, a New Voice in the Buddhist Tradition*, by Subhuti.
- *Week 31: The Distinctive Emphases of the Triratna Buddhist Community*  
Text purpose-written.
- *Week 32: The Purpose of Ritual*  
Text purpose-written.
- *Week 33: Some Devotional Practices used in Triratna*  
Text purpose-written.
- *Week 34: The Tiratana Vandana*  
Text purpose-written.
- *Week 35: The Sevenfold Pūjā*  
Text purpose-written.

***Notes***

1. *This course was designed and, unless otherwise credited, written by Vadanya.*

2. *See file 'Reference Materials' for links to source audio and texts:*

*<http://freebuddhistaudio.com/study/foundation> (All)*

*See also: <http://freebuddhistaudio.com/study/references>*