



Buddha Jewel Monastery

Chan Meditation & Buddhism Level 3(B) Class

Syllabus

Course: Level 3(B) – *The Essence of Mahayana Practice by Bodhidharma*

Session: Winter, 2025

Instructor: Dharma Master Jian Yu, Executive Director of Buddha Jewel Monastery

Meeting Time: Wednesdays, 7-9 pm, January 8 – March 19 (No class on February 12)

Material: [Selected Texts for Buddhist Sutra Study](#) (Hard copy available at the monastery)

Course policies:

1. Attendance Policy:

- There are 10 classes each session.
- A minimum of 5 in-person classes must be attended.
- Students are allowed 3 absences per session. More absences may affect progression into higher-level classes.
- Tardiness exceeding 20 minutes counts as an absence/make-up.

2. Make-up Classes:

- A maximum of 5 make-up classes can be completed within 4 weeks of the missed session.
- Failure to complete make-up classes will result in recorded absences.
- Special circumstances should be communicated to the Monastery in advance.

3. Completion Rewards:

- Students who complete the course (a maximum of five make-up classes and three absences are allowed) will receive a certificate and qualify for the next level.
- Perfect attendance (no absences, tardiness, or early departures) will be recognized with a special certificate.



Meditation Techniques:

- The Four Foundations of Mindfulness
- Middle Way Reality Method

Course Description:

- **Duration:** 40 weeks, divided into four sessions: Level 3 (A), (B), (C), and (D), each lasting 10 weeks. Completion of all 40 weeks qualifies students for Sutra Study classes.
- **Class Structure:**
 - **First Hour:** guided meditation practice.
 - **Second Hour:** Dharma course exploring Buddhist Principles.
- This course helps students cultivate the Buddha's wisdom and compassion in their practice, following the Mahayana tradition and the distinctive approach of Chung Tai.

Dharma Course Schedule:

WEEK	DATE	TOPIC	READING
01	Jan 8	Life of Master Bodhidharma (The Author)	Page 140-141
02	Jan 15	The Essence of Mahayana Practice: By Principle	Page 140-142
03	Jan 22	By Principle	Page 143-145
04	Jan 29	By practice: accepting adversity	Page 146-148
05	Feb 5	Group Discussion	Page 140-148
No Class on February 12			

WEEK	DATE	TOPIC	READING
06	Feb 19	By practice: adapting to conditions	Page 149-150
07	Feb 26	By practice: seeking nothing	Page 151-153
08	Mar 5	By practice: acting in accord with the Dharma	Page 154-156
09	Mar 12	Conclusion: by principle and by practice	Page 140-156
10	Mar 19	Group Discussion	Page 140-156

- Students who complete Level 3(A)(B)(C)(D) are eligible to advance to Sutra Study.
- Level 3 (C) Class: Detail to be announced (Expected around mid-April)

Cultivation is not the study of doctrines, nor should it do without the doctrines. Without the teachings as a guide, we can easily stray from the right path or mistake some small insight as true enlightenment. When our minds are troubled, studying sutras or attending Dharma lectures can correct our views, calm our minds, and quickly turn our afflictions around.

– *Wisdom words of Grand Master Weichueh*

