



Buddha Jewel Monastery

## Chan Meditation & Buddhism Level II Class

### Syllabus

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**Course:** Chan Meditation and Buddhism Level II Class

**Semester:** 2024

**Instructor:** Dharma Master Jian Yan | Abbess of Buddha Jewel Monastery

**Meeting Time:** April 16 to Oct 1, 2024, Tuesdays 7 – 9 pm (Class breaks: May 21, July 2, Aug 13, Aug 20, Aug 27)

**Material:**

*The Essential of Buddhadharma – A textbook for Chung Tai Meditation Classes, Chan Buddhism Level 2* (will be provided at the Monastery)

**Course policies:**

**1. Attendance Policy:**

There are 20 classes each session. Attendance is important for all class sessions, and we understand that unexpected circumstances may arise. Students are allowed up to three absences per session (excluding make-up classes). Please note that further absences may affect your eligibility to progress to a higher-level class. Additionally, tardiness exceeding 40 minutes will be treated as an absence.

**2. Make-up Classes:**

Students can make up for a maximum of seven classes. Make-up classes should be completed within four weeks following the missed class. Please note that failing to make up for missed classes will be considered as absences. If students encounter difficulties completing make-up classes within the specified timeframe due to special circumstances, they are encouraged to inform the Monastery.

**3. Rewards for the Completion of the Classes:**

Completion of the course entitles students to receive a certificate and qualifies them for the next level (A maximum of seven make-up classes and three absences are allowed). Students who attend all 20 classes without being late or leaving early will be awarded a certificate of perfect attendance.

## Level 2 Learning Goals:

Level 2 teaches students how to develop wisdom and compassion in their practice framed by the Mahayana tradition and Chung Tai's approach.

1. Establish a strong understanding of what is Compassion & Loving-kindness in Buddhism.
2. Connect the principles of the Bodhisattva Ideal to how they strengthen the meditation practice.

## Meditation Techniques:

Compassion Contemplation  
Mindfulness of Mind  
The Middle Way Reality Method



## Dharma Course Schedule

Week	Date	Topic	Reading
01	Apr 16	<i>The Path of Benefiting All Beings: The Bodhisattva Ideal</i>	Chapter 1
02	Apr 23	<i>Letting Go of Anger and Hatred: Compassion and Mindfulness</i>	Chapter 2
03	Apr 30	<i>Giving Up Greed and Stinginess: Six Paramitas I: Charitable Giving (Dana)</i>	Chapter 3
04	May 7	<i>Purifying the Mind: Six Paramitas II: Moral Conduct (Shila)</i>	Chapter 4
05	May 14	Group Discussion	Chapter 5
Class Break : May 21			
06	May 28	<i>Dealing with Anger: Six Paramitas III: Tolerance (Kshanti)</i>	Chapter 6
07	Jun 4	<i>Putting Effort in the Right Place: Six Paramitas IV: Diligence (Virya)</i>	Chapter 7
08	Jun 11	<i>Dealing with Distraction and Confusion: Six Paramitas V: Meditation (Dhyana)</i>	Chapter 8

09	Jun 18	<i>Crossing Over to the Other Shore: Six Paramitas VI: Wisdom (Prajna)</i>	Chapter 9
10	Jun 25	Group Discussion	Chapter 10
Class Break : Jul 2			
11	Jul 9	<i>The Path of Benefiting All Beings: Introduction to Mahayana</i>	Chapter 11
12	Jul 16	<i>Love, Compassion, Joy &amp; Equanimity: The Four Immeasurable Minds</i>	Chapter 12
13	Jul 23	<i>Connecting with All Beings: Four Bodhisattva Ways of Fellowship</i>	Chapter 13
14	Jul 30	<i>Liberating Ourselves and Others: Repentance &amp; Dedication</i>	Chapter 14
15	Aug 6	Group Discussion	Chapter 15
Class Break : Aug 13, Aug 20, Aug 27			
16	Sep 3	<i>Deep Roots, Vast Branches, &amp; Boundless Fruit: Three Links of Cultivation &amp; Five Approaches to Sharing the Dharma</i>	Chapter 16
17	Sep 10	<i>Being Here &amp; Letting Go: Mindfulness of the Mind</i>	Chapter 17
18	Sep 17	<i>Realizing Our Goals: Samantabhadra's Ten Great Vows (1)</i>	Chapter 18
19	Sep 24	<i>Realizing Our Goals: Samantabhadra's Ten Great Vows (2)</i>	Chapter 18
20	Oct 1	Group Discussion	Chapter 19

- Oct 10 to 13 Lay Bodhisattva Precepts Transmission Ceremony in Chung Tai, Taiwan
- Oct 22 Purification Ceremony and the Transmission of Three Refuges and Five Precepts (BJM)

