

ENGLISH DHARMA CLASS

Conducted by Venerables

– COURSE SUMMARY

YEAR 1

In the first eight lessons of Module 1, we introduce the life story of Sakyamuni Buddha: from his birth and life as a prince to his renunciation, then to Enlightenment and how the Buddha taught the Dharma until he entered Parinirvana at the age of 80. In the last two lessons of Module 1, we will address some immediate concerns such as common misconceptions in Buddhism and differentiating between Buddhist and non-Buddhist practices.

In Module 2, we focus on the core principles in Buddhism, namely the Four Noble Truths and Noble Eightfold Path. Then in the light of the Four Noble Truths and Noble Eightfold Path, we will discuss the idea of “happiness”. After getting a good feel of these key teachings, we end the semester by discussing the characteristics of Buddhism.

In Module 3, we introduce the Triple Gem — the Buddha, Dharma and Sangha as refuge, and then take a step further to learn about good and evil, and how to observe morality as the foundation of one’s practice. We would then end the year by reading the *Sigalovada Sutta*, where the Buddha mentioned clearly how a layperson should lead his life, so that it is meaningful and would bring about happiness, not only in the present life but also in future lives.

YEAR 2

In Module 1, we introduce more Buddhist principles Rebirth and the Six Realms of Existence, Karma, the Concept of ‘I’, the Three Marks of Existence, Dependent Origination and the Eight Worldly Conditions, with the objective to give students more understanding on the tenets of Buddhist teachings.

In the first half of Module 2, we track the development of Buddhism after Parinirvana of the Buddha. We will cover the Buddhist Councils and the spread of Buddhism in Southeast Asia and East Asia, giving students an idea about the development of Buddhism in these countries. In the second half of the semester, we will discuss about the Four Immeasurables and how to cultivate these qualities in our everyday life. And we will also learn about the 38 Blessings in the *Mangala Sutta*.

In the following semester, we introduce the Arahant Ideal and the Bodhisattva ideal. We would explore the way to Nirvana through the Arahant ideal, first by understanding the Three Poisons and Five Hindrances, then knowing how to develop concentration and ultimately how to attain the Four Stages of Sainthood. To introduce the Bodhisattva ideal, we continue to explore the historical development of Buddhism, looking into the rise of the Mahayana and Vajrayana traditions. And finally, we would discuss about the Bodhisattva ideal and the practice of the Six Perfections before we end the year.



Year 1 Module 1

24 February - 04 May (no class on 6 April)

Module 2

01 June - 03 August

Module 3

07 September - 23 November
(no class on 14 September & 26 October)

10 Sessions / Offering - \$30
2:00pm - 4:00pm (Every Sunday)
Venue - Dharma Hall



Year 2 Module 1

28 February - 15 May (no class on 3 April & 1 May)

Module 2

29 May - 31 July (no class on 3 July)

Module 3

11 September - 13 November

10 Sessions / Offering - \$30
7:30pm - 9:00pm (Every Thursday)
Venue - VHCMH Level 1 classroom 5 & 6

For further enquiries, please call **6849 5300** or
Fax your enquiry to **6452 6341**, Attn: SEMD.

Registration form is downloadable at our website

www.kmspks.org

Course registration can be done through either:
email: **semd@kmspks.org** or snail mail your form to
88 BRIGHT HILL ROAD SINGAPORE 574117,
Attn: SEMD

ENGLISH DHARMA CLASS

– Registration Form

Name : _____

NRIC : _____

Date of Birth : _____ Gender : _____

Address : _____

Contact Number : _____

Email Address : _____

Profession : _____

Course Selection:

- Year 1** **Module 1** (24 February - 04 May 08)
 Module 2 (01 June - 03 August 08)
 Module 3 (07 September - 23 November 08)
- Year 2** **Module 1** (28 February - 15 May 08)
 Module 2 (29 May - 31 July 08)
 Module 3 (11 September - 13 November 08)

Signature of Applicant

Date

Note:

- 1) Course offerings will be collected on the 1st day of class.
- 2) Kindly tick the following options:

- * Packed Dinner Yes No
* Transport to AMK MRT Yes No

Please tick if you wish to receive latest news and information from us