

DHAMMAVINAYA INSTITUTE

Faculty of Buddhism

Certificate Program

Dhamma Study and Meditation (in English)

Course Syllabus

Last updated on 28.04.2023.

Course name:	Dhamma Study and Meditation (in English)
Level:	Certificate
Period:	Lectures and seminars 15-39 weeks (14. May 2023 - 29. October 2023): 14.05, 28.05, 11.06, 02.07, 16.07 06.08, 20.08, 03.09, 17.09, 01.10, 15.10, 29.10
Schedule:	On Sundays at 14:00 to 15.45 (as scheduled by the administration of DVI) and meditation from 18:00-19:00
Lecturer:	Ven. Sudhamma Thero and Ven. Ṭhitañāṇa bhikkhu (Dr. Andrus Kahn)
E-mail:	sudhamma@sangha.ee
Co-requisite course:	–
Study room:	Study room at Niguliste 4
Special needs:	Persons with disabilities can participate in this course
Registration:	https://dvi.ee/sisseastumine , by deadlines set in the DVI academic calendar

Course aims/objectives

The aim of the course is to give a general overview of the Buddha's teaching. The practice of mindfulness and meditation following the theoretical study provides an opportunity to develop a deep and direct understanding of the topics covered.

Learning outcomes

The students having successfully passed the course: (1) can understand and analyze the main aspects of the Buddhas teaching; (2) can formulate the roots of mental and social problems; (3) are adaptable in new paradigm; (4) developing a realistic attitude towards existence and all the world.

Topics

The Basics Teachings of the Buddha. The Arising and Cessation of *dukkha*. Action and Result (*kamma*, *vipāka*). New Birth (*bhava*, *jāti*). Wisdom (*paññā*). Morality (*sīla*). Concentration (*samādhi*). Mindfulness and Meditation (*sati*, *bhāvanā*).

Study process description

Theoretical background and discussions during study class. Practical mindfulness and meditation put the knowledge into practice. Best learning comes with active participation and open mind.

Course's e-support

Course materials can be accessed via the e-learning environment: <https://dvi.ee/sertifikaadiope/oppematerjalid>

Study literature

Sutta Central: <https://suttacentral.net/>

All study materials can be downloaded from the DVI website.

Continuous assessment

Course scheduled tasks and assignment.

Detailed schedule and topics

This plan is preliminary and might be changed in case of cancellations, changes in available reading material, etc. This course is recommended to practice in groups, to practice team-work and co-operation, reflection, discussion and analysis, planning and presenting.

Week		Before class	In class	After class
1	The Basics Teachings of the Buddha Dhammacakkappavattana-sutta SN 56.11 Saccavibhaṅg-sutta MN 141	Read this Syllabus	Lecture, work with slides and discussion	Guided meditation 18:00 - 19:00 (voluntary participation)
2	The Arising and Cessation of dukkha Paṭiccasamuppāda-sutta SN 12.1 Vibhaṅga-sutta SN 12.2 Janavasabha-sutta DN 18	Go through the given keywords and tables	Lecture, work with slides and discussion	Guided meditation 18:00 - 19:00 (voluntary participation)
3	Action and Result (<i>kamma, vipāka</i>) New Birth (<i>bhava, jāti</i>) Cūḷakammavibhaṅga-sutta MN 135 Mahākammavibhaṅga-sutta MN 136	Consider what is the visible connection and the invisible part of action and result	Lecture, work with slides and discussion	Guided meditation 18:00 - 19:00 (<i>cittānupassana</i>) (voluntary participation)
4	Wisdom (<i>paññā</i>) I	Find three common misconceptions	Lecture, work with slides and discussion	Guided meditation 18:00 - 19:00 (<i>cittānupassana</i>) (voluntary participation)
5	Wisdom (<i>paññā</i>) II	Find three recognized right views	Lecture, work with slides and discussion	Meditation practice 18:00 - 19:00 (<i>catu-dhātu-vavatthāna</i>) (voluntary participation)
6	Morality (<i>sīla</i>) II	Think: can morality bring harm?	Lecture, work with slides and discussion	Meditation practice 18:00 - 19:00 (<i>anattānupassana</i>) (voluntary participation)

Week		Before class	In class	After class
7	Morality (<i>sīla</i>) II	Go through the given keywords and tables	Lecture, work with slides and discussion	Meditation practice 18:00 - 19:00 (<i>anicca-bhāvanā</i>) (voluntary participation)
8	Concentration (<i>samādhi</i>) I	Read the study materials related to <i>samādhi</i>	Lecture, work with slides and discussion	Meditation practice 18:00 - 19:00 (<i>anicca-dukkha-bhāvanā</i>) (voluntary participation)
9	Concentration (<i>samādhi</i>) II	Go through the given keywords and tables	Lecture, work with slides and discussion	Meditation practice 18:00 - 19:00 (<i>vedanānupassana</i>) (voluntary participation)
10	Mindfulness and Meditation I (<i>sati, bhāvanā</i>)	Reflect on personal experiences of <i>sati</i>	Lecture, work with slides and discussion	Meditation practice 18:00 - 19:00 (<i>sati-bhāvanā</i>) (voluntary participation)
11	Mindfulness and Meditation II (<i>sati, bhāvanā</i>)	Remember key words related to <i>sati</i> and <i>bhāvanā</i>	Lecture, work with slides and discussion	Meditation practice 18:00 - 19:00 (<i>saññā-bhāvanā</i>) (voluntary participation)
12	Mindfulness and Meditation III (<i>sati, bhāvanā</i>)	Prepare 2 questions related to the topics covered	Discussion, Question and Answers	Meditation practice 18:00 - 19:00 (<i>caṅkama samādhi</i>) (voluntary participation)