

DHAMMAVINAYA INSTITUTE

Faculty of Buddhism

Certificate Program

Dhamma Study and Meditation (in English)

Course Syllabus

Last updated on 08.11.2024.

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| Course name: | Dhamma Study and Meditation (in English) |
| Level: | Certificate |
| Period: | Lectures and seminars 8 weeks (during June-August 2025) From Monday to Thursday from 8:00 a.m. to 4:00 p.m. |
| Schedule: | Lectures take place in the morning (3 hours) Meditation practice before lectures (1 hour) and after lectures (2 hours). |
| Lecturer: | Ven. Ṭhitañāṇa (Dr. Andrus Kahn), Ven. Sudhamma Thero Ven. Ṭhitamedhā, Ven. Mettabodhi |
| E-mail: | info@dvi.ee |
| Co-requisite course: | – |
| Study room: | Study room at Niguliste 4 and/or Karnapi tee 10, Tallinn |
| 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 provide a clear overview of the Buddha's teaching and practice as preserved in Theravada. 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 analyse the main aspects of the Buddha's 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 final 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 | | In class | After class |
|------|--|--|----------------------------|
| 1 | The Basics Teachings of the Buddha The Arising and Cessation of <i>dukkha</i> | Lecture, work with slides and discussion | Guided meditation practice |
| 2 | Action and Result (<i>kamma, vipāka</i>) New Birth (<i>bhava, jāti</i>) | Lecture, work with slides and discussion | Guided meditation practice |
| 3 | Wisdom (<i>paññā</i>) | Lecture, work with slides and discussion | Guided meditation practice |
| 4 | Morality (<i>sīla</i>) | Lecture, work with slides and discussion | Guided meditation practice |
| 5 | Concentration (<i>samādhi</i>) | Lecture, work with slides and discussion | Guided meditation practice |
| 6 | Mindfulness and Meditation I (<i>sati, bhāvanā</i>) | Lecture, work with slides and discussion | Guided meditation practice |
| 6 | Mindfulness and Meditation II (<i>sati, bhāvanā</i>) | Lecture, work with slides and discussion | Guided meditation practice |
| 8 | Presentation of theses | Presentation, discussion, question and answers | Guided meditation practice |