

# Buddhism 101 Basics of Buddhism

## Syllabus

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### I. Four-part Series

- A. (Week 1, May 8) The Buddha's Biography and its relevant themes:
- B. (Week 2, May 15) Wholesome Character: the Source of Great Wisdom; The liberation of discipline
- C. (Week 3, May 22) Practices Leading to Serenity Motion in stillness, doing nothing, accomplish more
- D. (Week 4, May 29) Dynamic wisdom and impartial compassion

### II. Week 1: The Buddha's Biography

- A. The highlights of his story
  - 1. King built a pleasure dome to keep the illusion
  - 2. Prediction to one of two destinies: king or saint
- B. The lessons from his story
  - 1. The shock of awakening from delusion;
    - a. Seeing through the surface appearance
    - b. Seeing in death the inevitable conclusion of life
  - 2. Renunciation for the sake of freedom
  - 3. Course correction after admitting a mistake; Finding the

## Middle Way

4. Making a resolve and persevering despite obstacles
- C. Recognizing suffering ("*dukkha*" ku 苦)
1. From the beginning to end of his teaching, ending suffering was the Buddha's concern
  2. Where does suffering come from?
  3. Suffering can end.
  4. How to end suffering.
- D. Relevance of the Dharma for the West in the 21st Century
1. Egalitarian: no priest class between believers and the Buddha
  2. Psychologically-oriented: "mind-ground Dharma-door."
  3. Orthopraxic vs. Orthodoxic
  4. Animating and interconnecting
- E. Turn Stereotypes Around
1. Worldly views of the Dharma