

2018 Nalanda Teaching Program **Being in the Moment, with Compassion for Self and Others**

First Thursday evenings will be “Dharma Teachings” covering content that is specifically Mahayana Buddhist in nature and directed primarily for committed Dharma students. Each month's topic will introduce the up-coming reading in our study text. [These teachings differ from “public talks” that commonly present Buddhist material in a manner designed to be useful to a general audience, who may have little background or interest in Buddhism.] Other weeks will provide time for chanting and meditation practices keyed to our reading (45-60 minutes) with further time for questions and discussion about the readings (45 minutes).

In the first three months of 2018, we will build a **stable foundation practice** through study of Mindfulness, Shamatha (or single-pointed meditation), Compassion and its attributes (lovingkindness, joy, equanimity), and a preliminary look at Bodhicitta (enlightened and inspired altruistic mind). In April we begin the **actual practice phase** of the year by engaging with the main study texts for 2018, starting with understanding the step of going for refuge. In April and at the May retreat (5/4-6) there will be opportunities for informal, personal refuge and formal, public group refuge. Readings and practice sessions in May and June will cover aspects of the First Vision (Impure Vision), concluding with a July teaching on karma & ethics. After a summer of student-led practice and review, September through December will cover the Second Vision (Vision of Experience) and the Third Vision (Pure Vision). Loppon Jamyang will provide an introduction to Vajrayana Buddhism and survey its schools, sufficient to allow student practitioners to make an informed choice about their practice direction in 2019. In this **dedication phase**, each of us may decide either to further engage the Vajrayana path, or to dedicate further effort to understanding and personal practice of Theravada and Mahayana-Bodhisattva Buddhism.

2018 Texts

All three books are available through Nalanda until supplies run out.

“Altered Traits” by Daniel Goleman and Richard Davidson. Avery.

“The Three Visions: Fundamental Teachings of the Sakya Lineage of Tibetan Buddhism” by Ngorchen Konchog Lhundrub. Snow Lion.

“The Three Levels of Spiritual Perception: A Commentary on the Three Visions” by Deshung Rinpoche. Wisdom Publications.

2019 Program Preview

Nalanda's subsequent 2019 teaching plans will accommodate both options. Loppon Jamyang will continue to provide local teaching and other support of Mahayana learning and practice. Those whose interest and circumstances permit are encouraged to continue with The Complete Path Program administered through the International Buddhist Academy (IBA). Under the guidance of HH Ratna Vajra Rinpoche, the 42nd Sakya Trizin, the IBA program extends through 2023 and is designed to help the non-Tibetan community of Dharma sisters and brothers to receive a complete series of important teachings in a gradual and comprehensive manner. The 2019 IBA program offers Hevajra cause empowerment and preliminaries in Kathmandu, Nepal (tentative dates 8/15 – 9/4/2019).

For more information see <http://internationalbuddhistacademy.org/7-year-study-program-2017-2023/> or <https://thecompletepath.com/>

1 st Thurs	Teaching Topics	Student Objectives for the Month(s)
01/04/18	“Mindfulness”	--understand the concepts underlying each of these fundamental practices --practice the mental skills required --consolidate our personal knowledge and experience into an individual settled, durable, foundation practice
02/01/18	“Shamatha, or Single-pointed Meditation”	
03/01/18	“The Four Immeasurables & the Enlightened Mind: Compassion and Bodhicitta”	
04/05/18	“Refuge & Faith”	--understand the meaning of going for refuge --meditatively explore our own motivations and clarify our commitment for engaging in Dharma practice --(optional) prepare to take refuge vow
05/03/18	The First Vision (Part 1): “Three Kinds of Suffering” [note: this is retreat week]	--meditatively explore our attitudes toward suffering, impermanence, and death
06/07/18	The First Vision (Part 2): “Impermanence and Death”	
07/05/18	“Karma & Ethics”	--understand how our deeds follow us into death --acquire background to apply Buddhist ethics to everyday life
[notes: The July teaching is the day after July 4 holiday, <u>no August teaching</u> . Thursday evenings will continue through July & August with student-led practice activities and reviews.]		
09/06/18	The Second Vision (Part 1): “Conventional Bodhicitta: Aspiration and Application”	--distinguish conventional from ultimate bodhicitta, and explain why both are important --strengthen our compassion for others and our resolve to help them --meditatively practice letting go of self (and samsara), and exchanging self for others --meditatively practice combining calm abiding and insight
10/04/18	The Second Vision (Part 2): “Ultimate Bodhicitta”	
11/01/18	The Third Vision: “Introduction to Vajrayana”	--understand the importance of lineage in Dharma study, including concepts of empowerment, transmission, and pith instructions --understand the Dharma approach of the teacher-student relationship --following exposure to basic concepts of Vajrayana Buddhism, make an informed choice about your subsequent practice goals.
12/06/18	“Enlightened Body, Speech, and Mind”	