



# Walking the Eight-fold Path: How to Live the Dharma

Saturdays January 25, Feb 1,8,15,22,Mar 1,8,15 from 10-11:30am  
Hongwanji Temple Lounge

Facilitator: Dexter Mar, Tel.: 348-4399; e-mail: kekela23@gmail.com

## Course Objective

Explore and develop personal ways to embrace and live by Buddhist principles. Through some study and mostly dialogue, the student will gain an appreciation of how to walk the path of life and death guided by the ancient teachings of Buddhism.

## Course Learning Opportunities

By the end of the course we will have had the opportunity to:

- Understand the Four Ennobling Truths and the Noble Eight-fold Path
- Apply the teachings of the Four Ennobling Truths and the Noble Eight-fold Path.
- Gain insight on the role of the Sangha in living a Buddhist life.
- Formulate a personal path on one's journey of life and death.

## Textbook

There is no required textbook for the course. Suggested readings to further understanding: Smith, Huston. *The World's Religions: Our Great Wisdom Traditions*. 1991. HarperCollins

## Class Etiquette

All questions and inquiries are welcome. There is no such thing as a "silly" question or irrelevant point of view so feel free to ask questions, comment on, or even challenge the material presented in class. This is a class participation format.

## Class Schedule

### Session 1: Introduction: The Path

What's the point of your Buddhism?  
Facing oneself.

### Session 2: The Wisdom steps

Overview of the Four Ennobling Truths.  
What's the point of Buddhism?

### Session 3: The Wisdom steps

Overview of the Noble Eight-fold Path.  
Aligning Mind and Heart. "Right" view.

### Session 4: The Conduct steps

Living beyond "Namo Amida Butsu".  
Focus on Speech, Action and Livelihood.

### Session 5: The Conduct steps

Living beyond "Namo Amida Butsu".  
Focus on Speech, Action and Livelihood.

### Session 6: The Mental Development steps

Willpower. Awake.

### Session 7: The Mental Development steps

Clarity.

### Session 8: Your Personal Path

Putting it all together.

*Class schedule is subject to change and may be adapted to suit the interest of the course participants.*