

SAMYE LING DISTANCE-LEARNING DHARMA STUDY PROGRAMME OVERVIEW
(subject to variation as course progresses)

Year One

April Optional 2-week Study Intensive: Maitreya's "Changeless Nature"

Study Weekend 1: The Two Truths and Buddha Nature

Module 1 May topic **The Buddha:** The Life of the Buddha, the Three Kaya and Buddha Nature (brief)

Study Weekend 2: Refuge, Precepts and the Bodhisattva Vow

2 June topic **The Dharma:** Introduction to the Three Turnings of Wheel of Dharma

The First Noble Truth: suffering—5 Skandhas—and cosmology—the Six Realms

3 July or August topic The Second Noble Truth: the causes of suffering—ignorance, duality, defilement and karma.
Interdependence 1: The Twelve Links of Interdependence.

Study Weekend 3: history and origins

4 September topic The Third Noble Truth: Nirvana and Enlightenment.

The Fourth Noble Truth: the Path of Peace, Part One—5 Phases in Hinayana & Mahayana, Part Two—Mindfulness,

The Fourth Noble Truth: the Path of Peace, Purification & Accumulation

The Sangha. Refuge. Vows (brief) Pratimoksa.

6 November topic Compassion and voidness. Second Turning ... Mahayana..

January Study Weekend 4: Using the Precious Human Life to the full: Mahayana and Vajrayana practice-

7 January topic The Third Turning: A brief study of Buddha Nature. The View and the Two Truths.

8 February topic Tibetan Buddhism in practice: Precious Human Life. The Kadampa “Three Types of Dharma Person”.

- Four Dharmas of Gampopa.
The development of Buddhism in Tibet. Impermanence
- 9 March topic:
- April **Optional 2-week Study Intensive: Gampopa's "Ornament of Precious Liberation"**
April **Study Weekend 5: Overview of Bodhisattva Conduct**
- 10 April topic
Brief section on Dharma Masters; Love, Compassion and Bodhicitta:
The Aspiration & Practice Bodhisattva Vows.
- Year Two
- 11 May topic
Overview of Paramitas. Paramita of Generosity
- June or August **Study Weekend 6: Overview of Buddhist Meditation**
- 12 June topic: Paramita of Right Conduct (3 levels of vows) & Paramita of Forbearance
13 July/August topic Paramita of Diligence. Paramita of Meditation (from Gampopa and Kongtrul's *samatta* and *vipasyana*)
14 September topic Prajna paramita 1: from Gampopa
- October or November **Study Weekend 7: An exploration of Non-Duality and Voidness**
- 15 October topic Mahayana 5 Stages and 13 Levels
16 November topic Enlightenment, Buddha Qualities and Enlightened Activity
- Year Three
- January **Study Weekend 8: The Stages of the Path and the 37 factors of Enlightenment**
- 17 January topic Bodhicitta in practice: Mind Training, the 37 practices of a bodhisattva,
Verses of advice from Padampa Sangye.

18 February topic	Prajna paramita 2: Nagarjuna’s “Root Verses of Middle Way Wisdom” and Chandrakirti’s “Penetrating the Middle Way”. (This module may change or be deleted on account of the new Samye Ling Shedra course under Druppon Rinpoche)
19 March topic	The roles of teachers and gurus in Hinayana, Mahayana and Vajrayana Buddhism. The qualities required of their disciples. Examples from the lives of Naropa, Marpa, Milarepa Rechungpa and Gampopa
April	Optional 2-week Study Intensive: Santideva's "Bodhisattva Way of Life"
April	Study Weekend 9: The Four Levels of Tantra and the Mahamudra Heritage
20 April topic	Renunciation in the Three Yanas. A few precious teachings
	<u>Year Three</u>
21 May topic	Saraha's Mahamudra tradition and Tilopa's tantric transmissions
22 June topic	Devotion and Compassion: the qualities of a mahamudra disciple. Kagyu biographies contd.
June or August	Study Weekend 10: Empowerment, Transmission and Instruction.
23 July/August topic	The Importance of Lineage. Kagyu biographies Empowerment, transmission and instruction.
24 September topic	Third Gyalwa Karmapa's "Mahamudra Prayer", Part One
October or November	Study Weekend 11: The Kagyu View of Voidness
25 October topic	Third Gyalwa Karmapa's "Mahamudra Prayer", Part Two
26 November topic	The Third Gyalwa Karmapa's "Pointing Out the Essence of the Tathagatas"

January Study Weekend 12: Transforming Consciousness into Wisdom

- 27 January topic Jamgon Kongtrul's "Ground, Path and Fruition"
- 28 February topic The Ordinary, Special and Extraordinary Foundations in Kagyu practice
- 29 March topic Creation and Completion: the practical application of Middle Way philosophy and Zhentong view
- 30 April topic Third Karmapa's "Transforming Consciousness into Wisdom". The Buddha Families.