

The One-Year Living Buddhism Foundation Course with Norwich Buddhist Centre

On Zoom

The Course comprises of three 10-week terms with Term 1 starting 25 April 2022

- Cultivate a beautiful life and mind
- Receive a thorough and systematic training in the principles and practice of the Buddha's teaching.
- Introduction to a wide range of inspiring Buddhist teachings and texts.
- Develop breakthrough insights which will transform your life
- Practice the teachings on wisdom and compassion for greater happiness and contentment
- Benefit from the support of a weekly group
- Build your own Buddhist practice at home and work
- Receive mentoring and guidance from experienced teachers
- Become wiser, more resilient and confident human beings
- Experience the transformation all this brings

Our one-year Foundation Programme is for people who wish to delve into Buddhism in a more thorough and ongoing way. The Buddha encouraged people to try his teaching for themselves and practice only what they found helpful. This is an invitation to learn more about Buddhist teachings, explore them well, understand them more deeply and try them out in your life. The course is suitable for people who have completed one of our Buddhism for Beginners courses.

You only need to book and pay for one term at a time. You do not need to commit to all three terms. Before booking, please email the Centre info@norwichbuddhistcentre.com to register your interest and check whether this course is at an appropriate level for you.

Course Outline:

One of the simplest descriptions of the Buddhist Path divides it into three stages: the stage of ethics; the stage of meditation; and the stage of wisdom. In Term 1 we will be looking at the first two of these stages. In Term 2 we will be looking at the stage of wisdom. In Term 3 we will explore the significance of the Buddha himself and the importance of such things as ritual and imagination. Course materials will be supplied each week; some home reading and practice will be necessary.

Term 1 - Cultivating a Beautiful Mind and Life

1 Dharma study as a spiritual practice

The Stage of Ethics

2 Why be Ethical?

3 The first precept - kindness

4 The second precept - generosity

5 The third precept - contentment

6 The fourth precept - truthfulness

7 The fifth precept – awareness

The Stage of Meditation

8 The Triratna System of Meditation

9 The Mindfulness of Breathing

10 The Metta Bhavana

Meet The Course Leaders

Satyadaka, Saroja and Sinhadakini are teachers with a wealth of experience of teaching and practising Buddhism over many years.

Satyadaka is a former Chair of the NBC. He likes to get to the truth of things and teaches in a clear, concise and entertaining way.

Saroja on Sinhadakini

“Sinhadakini is a longstanding Dharmafarer and throughout the different phases of her life has sought to practice through meditation, study and friendship. She has

always seemed to me to be a warm hearted and determined member of the order. She also finds time to write and I look forward to deepening our friendship during the Foundation Course."

Sinhadakini on Saroja;

"I've always felt that Saroja is someone to treasure. As well as being a sincere Dharma practitioner, he is an artist with a background in teaching. The way he teaches I find extraordinary and it often delights and thrills me."

What people from last year's course said:

Pierre

'I would advise everyone to do the foundation course. It's a great way to meet like-minded people and discuss Buddhism in a safe environment and with great support from very experienced group facilitators.

It can help you discover Buddhism if you are new to it, or help you go deeper into your understanding of Buddhism if you already have some experience.

Do not get scared about the length of the course. It is so interesting and enjoyable that it actually goes very fast! And you can do one term at a time.

I have done the foundation course twice and I got an amazing amount of insight and enjoyment out of it both times. I highly recommend it!

Mandy

'I decided to start the Foundation Course because I felt that I was probably a Buddhist and I wanted to understand more.

All the teachers on the course gave an awful lot in terms of their commitment to the course and the way they shared their own experiences with us. I really valued the discussions that we had in small groups, this was really helpful in allowing us to apply what we were learning to our own lives.

The course has given me far more than I ever expected. I am now looking forward to carrying on further with my study and am very grateful that the course started me on this path.

Book **HERE**