



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

In Person

Starts Monday 15th January 2024

(Monday evenings 7-9pm)

- Cultivate a beautiful life and mind
- Receive a thorough grounding in Buddhism
- 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 practice at home and work
- Receive mentoring and guidance from well qualified 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 one's own life. The course is suitable for people who have completed some of our Buddhism courses for beginners, or with an interest in Buddhism

You only need to book one term at a time. Before booking, please email

info@norwichbuddhistcentre.com to register your interest

Course Outline

On the Buddhist path there are three important 'jewels'; the Buddha, the Dharma (his teachings) and the Sangha (the spiritual community that practise these teachings). In term one we will be exploring in detail these three jewels and their significance in our lives. 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 two we will be looking at the stage of ethics, Term three we will explore meditation and in Term four we will look at wisdom. In Term five we will explore the importance of such things as ritual and imagination as well as practicing Buddhism within the Triratna Buddhist Movement. Course materials will be supplied each term and some home reading and practice will be necessary

Term 1 - Going for Refuge to the Three Jewels

- 1 Dharma study as a Spiritual Practice
- 2 What is a Buddhist
- 3 The Buddha - The Goal of Buddhism
- 4 The Buddha - the Founder and his Quest
- 5 The Buddha - the Mythic Buddha
- 6 The Buddha - the Buddha we can Contact
- 7 The Dharma - the Basic Analysis
- 8 The Dharma - Many Dimensions
- 9 The Sangha as Means of Development
- 10 The Sangha as the Goal

Find out more and meet the course leaders:

[information video](#)

Join the Foundation Course Term 1 [here](#).