

The East Midlands Buddhist Association Leicester Buddhist Vihara

Senior Dhamma School

Lessons Conducted for the year 2020

Lessons

Lesson 1 : 17th January 2021

1. By heart stanzas of Buddha Vandhana (please refer to the website for the stanzas in English)
2. Maha Mangala Sutta – continued
Mātā pitu upatthānam
Puttadārassa sangaho
Anākulā ca kammantā
Etam mangala muttamam

Homework

1. List the four Noble Truths and try and explain each in your own words
2. Name the Noble Eight fold path
3. Prepare your own “merit book” (pin potha) and start writing the good deeds you are doing in the book.

Lesson 2: 28th February 2021

1. Dhammapada Verse 53 (visakha vatthu)

*Yathapi puppharasimha
kayira malagune bahu
evam jatena maccena
kattabbam kusalam bahum*

2. Maha Mangala Sutta – continued

END OF YEAR (2020) Examination Information

1. Date of examination: 14th February 2021 (via Zoom)
2. Format of examination: Written and Oral
3. Written: 45 minutes
Section 1: Questions on Buddha, Dhamma and Sangha
Section 2: Questions on Buddhist events and good Buddhist practices
4. Oral: (5 minutes)
Recite a stanza of the Buddha vandhana
5. The examination is for students who have been in the dhamma school for more than 6 months. (Students who have been in the Dhamma School for less than 6 months are welcome to sit)

Lesson 3: 14th March 2021

Perils of the habit of idleness

(Sigalovada sutta / සිගලොව්වාද සූත්තය)

අති සීතන්ති කම්මං න කරොති – Ati sitanti kamman na karaothi

It is too cold and does no work

අති උත්තරී කම්මං න කරොති – Ati unhanthi kamman na karothe
It is too hot and does no work

අති පතොති කම්මං න කරොති – Ati pathoti kamman na karothe
It is too early and does no work

අති සායන්ති කම්මං න කරොති – Ati sayanthi kamman na karothe
It is too late and does no work

අති ජාතොති කම්මං න කරොති – Ati jathothi kamman na karothe
It is too hungry and does no work

අති දාතොස්මි කම්මං න කරොති – Ati dhathosmi kamman na karothe
It is too full and does no work

Homework

Learn the Sigalovadha sutta / meaning

Lesson 4: 28th March 2021

1. Mangala Sutta – Continued
2. Sath Sathiya

Homework

Find out and learn about Sath Sathiya and the Sath Sathiya Gatha (stanza)

Lesson 5: 25th April 2021

1. Mangala Sutta – Continued
2. Facts about “re-birth”

Homework

Find out facts about “re-birth”

Lesson 6: 9th May 2021

1. Facts on “re-birth” – continued
2. Mangala Sutta – continued

Homework

Exercise 1 – Prince Siddhartha searching for Truth

Search For Truth

He wanted to find a way out of suffering. He met two teachers. Being a good and clever student, he soon learnt all their teachings. However, he still could not find an answer to his problem. He decided to find the Truth in his own way.

EXERCISE 1

CROSS-WORDS PUZZLE

Search For Truth

From left to Right

1. After leaving the palace, the Prince became a _____.
2. Ascetic Gotama was a good and _____ student.
3. He met _____ teachers.

From Top to Bottom

- A. Ascetic Gotama put on simple _____.
- B. Finally he decided to find the _____ in his own way.

Exercise 2 – Sath Sathiya

For the first week of Enlightenment, the Buddha meditated, enjoying two kinds of feeling. What were they? Can you make out these two words from the circles?

Answer : _____

Answer : _____

First week – **Under the Bodhi Tree**

During the first week after enlightenment, the Buddha sat under the bodhi tree experiencing the happiness of freedom and peace. He was free from disturbing thoughts, calm and blissful.

Lesson 7: 13th June 2021

1. Facts on “re-birth” – continued
2. Mangala Sutta – continued

Homework

Exercise 1 – Prince Siddhartha searching for Truth

Search For Truth

He wanted to find a way out of suffering. He met two teachers. Being a good and clever student, he soon learnt all their teachings. However, he still could not find an answer to his problem. He decided to find the Truth in his own way.

EXERCISE 1

CROSS-WORDS PUZZLE

Search For Truth

From left to Right

1. After leaving the palace, the Prince became a _____.
2. Ascetic Gotama was a good and _____ student.
3. He met _____ teachers.

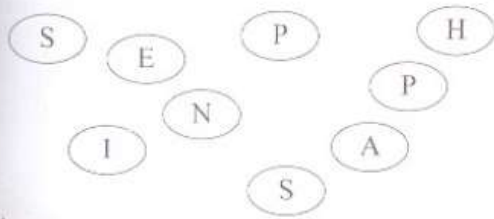
From Top to Bottom

A. Ascetic Gotama put on simple _____.

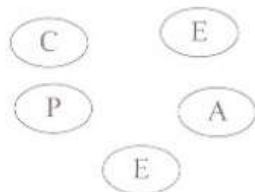
B. Finally he decided to find the _____ in his own way.

Exercise 2 – Sath Sathiya

For the first week of Enlightenment, the Buddha meditated, enjoying two kinds of feeling. What were they? Can you make out these two words from the circles?



Answer : _____



Answer : _____

15

First week – Under the Bodhi Tree

During the first week after enlightenment, the Buddha sat under the bodhi tree experiencing the happiness of freedom and peace. He was free from disturbing thoughts, calm and blissful.

Lesson 8: 11th July 2021

1. Mangala Sutta – continued Verse 7

Ārati virati pāpā –To cease and abstain from evil,
Majjapānā ca samyamo –forbearance with respect to intoxicants
Appamādo ca dhammesu –and steadfastness in virtue;
Etam mangala muttamam –this is Blessing Supreme

2. Learn about an outstanding Lay Followers

Home work

Learn about Dana (Giving) – refer to reading notes
 Notes on “Dana” (giving)

Dana is a word in the Pali language meaning giving, offering, generosity and liberality, and refers to the act of intentionally giving something to another person.

What is offered by a donor to a recipient in an act of giving (dana) can generally be divided into three groups:

1. Material gifts (amisa dana)

2. Gift of fearlessness (abhaya dana), and
3. Gift of the teaching (doctrine) (dhamma dana)

Amisa dana:

Generally, there are ten material items that a donor could offer to a recipient in performing an act of giving:

1. Food
2. Drink
3. Clothes to wear
4. Means of transportation
5. Garlands
6. Perfumes
7. Medicines and ointments
8. Beds on which to sleep
9. Facilities for lighting, and
10. Houses or dwelling places

According to the disciplinary rules for the Buddhist monks and nuns (vinaya), lay followers can give four groups of material gifts to the Buddhist clergy:

1. Robes to wear (civara dana)
2. Food (pindapatha dana)
3. Dwelling places (senasana dana), and
4. Medicines (gilanpasa dana)

Abhaya dana:

The gift of fearlessness can be practised by practising loving kindness, or metta, to all living beings and also by observing the five precepts

of Buddhist morality for lay followers so that fellow human beings and all other living beings may live with no fear of any harm.

The five precepts of Buddhist morality are:

1. Abstaining from killing any living beings
2. Abstaining from taking that which is not given
3. Abstaining from sexual misconduct
4. Abstaining from telling lies, and
5. Abstaining from alcohol and intoxicants that lead to delay and carelessness

Dhamma Dana:

In the gift of teaching (dhamma dana), the donor, usually a member of the Buddhist clergy or a learned lay Buddhist, will teach the Buddha's teaching so that the recipients are able to understand the teachings, to follow them and to progress in their spiritual development towards liberation from all suffering. Those who are not in a position to teach may also practise dhamma dana by organising Buddhist sermons, publishing and distributing Buddhist teaching materials and also by taking part in Buddhist discussions and encouraging others in practical aspects of Buddhist teaching. Buddha has considered the gift of teaching as superior to all other gifts and, as such, in Verse 354 of the Dhammapada declared that:

“Sabba danam dhamma danam jinati”

“The gift of dhamma excels all gifts”

In addition to material gifts, gift of fearlessness and gift of teaching, a donor could also donate other gifts such as, time, attention, listening, care, respect, knowledge, skills, kindness, sympathy, etc.

Parami

Are qualities if practiced to perfection can lead to “Buddhahood”

There are different “paramis”

Giving is one parami

Three different types of giving:

1. Dana Parami – basic perfection of giving
Giving of one’s children, wives, and belongings such as wealth
2. Dana upaparami – intermediate perfection of giving
Giving of one’s own limbs
3. Dana paramatthaparami – ultimate perfection of giving
Giving of one’s own life

Lesson 9: 3rd October 2021

1. Mangala Sutta – continue Verse 6
2. Thought of the day
3. Visakha – outstanding lay follower

Home work

1. What was the 1st lesson the Buddha taught the world?
2. Visakha – outstanding lay follower
3. Importance of the Full Moon Poya day in the month of September
4. Learn the stanzas of Buddha Vandhana (refer to the website)

Lesson 10: 17th October 2021

1. Mangala Sutta – continue Verse 6
2. Thought of the day
3. Merit book entries
4. Outstanding male lay follower
5. Significance of Full Moon Poya days in the Buddhist Calendar – continued

Home work

1. Maha Mangala stanza – verse 6 and meaning
2. Animisa Lochana Pujawa?
3. Outstanding Male lay follower
4. Importance of the Full Moon Poya day in the month of October
5. Learn the stanzas of Buddha Vandhana (refer to the website)
6. Learn the Dhamma School song (refer to the website)

Lesson 11: 14th November 2021

1. Mangala Sutta – continued
2. Thought of the day
3. Merit book entries
4. Lay followers continued
5. Significance of Full Moon Poya days in the Buddhist Calendar – continued

Download Mangala Sutta

Website <<< [<<< nalanada.org.my/e-library/mangalasutta/](http://nalanada.org.my/e-library/mangalasutta/)>>>

Home work

1. Maha Mangala Sutta stanzas – verses and meaning
2. Learn the stanzas of Buddha Vandhana (refer to the website)
3. Learn the Dhamma School song (refer to the website)

Lesson 11: 28th November 2021

1. Mangala Sutta – continued
2. Thought of the day
3. Merit book entries
4. Outstanding Lay followers continued – Ane Pindu Situthuma (from previous lesson) & Maha Prajapathi Gothami
5. Significance of Full Moon Poya days in the Buddhist Calendar – Month of November
Buddha's life story

Home work

1. Maha Mangala Sutta stanzas – verses and meaning
Find facts on Outstanding Lay Followers – Maha Prajapathi Gothami
2. Revision – Buddha's story: Birth to Leaving the Palace (refer to Keystage 2 book on the website)
3. Learn the stanzas of Buddha Vandhana (refer to the website)
4. Learn the Dhamma School song (refer to the website)

Lesson 12: 12th December 2021

1. Mangala Sutta – continued
2. Thought of the day
3. Merit book entries
4. Outstanding Lay followers continued – King Bimbisara
5. Significance of Full Moon Poya days in the Buddhist Calendar – Month of December
Buddha's life story continued

Home work

1. Find facts on Outstanding Lay Followers – King Bimbisara
2. Revision – Buddha's story: Search for Truth, Enlightenment, Nirvana (refer to Keystage 2 book on the website)
3. Learn the stanzas of Buddha Vandhana (refer to the website)
4. Learn the Dhamma School song (refer to the website)