

The East Midlands Buddhist Association Leicester Buddhist Vihara

Senior Dhamma School

Lessons Conducted for the year 2022

Lessons

Lesson 1 : 09th January 2022

1. Buddha Vandhana
2. Thought of the day
3. Mangala Sutta – continue
4. Outstanding Male Lay follower – King Bimbisara
5. Significance of Full moon poya days ((month of December)
6. Buddha’s life story – birth – enlightenment (revision)

Lesson 2 : 23rd January 2022

1. Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Mangala Sutta – continued
5. The Four Noble Truths

Homework

1. Learn to recite and the meaning of Mangala Sutta stanza below:

*Tapo ca Brahmachariyan ca
Ariyasacchana dassanam
Nibbana sacchikiriya ca
Etam mangala muttamam*

Meaning:

Self-control, living a noble life,
Realising the Noble Truths
And the attainment of Nibbana
This is Belassing Supremem

2. Find information on the Four Noble Truths

Lesson 3: 06th February 2022

1. Buddha Vandhana
2. Loving-kindness meditation
3. Thought of the day
4. Mangala Sutta – continued
5. The Four Noble Truths – continued

Homework

Learn to recite and the meaning of Mangala Sutta stanza below:

*Tapo ca Brahmachariyan ca
Ariyasacchana dassanam
Nibbana sacchikiriya ca
Etam mangala muttamam*

Meaning:

Self-control, living a noble life,
Realising the Noble Truths
And the attainment of Nibbana
This is Belassing Supremem

Lesson 4: 20th Februaty 2022

1. Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Mangala Sutta continued
5. Four Noble Truths continued

Homework

Learn the 1st Noble Truth – *Dhukkha Sathya*

1. *Jathi* (birth)
2. *Vyadhi* (decay)
3. *Jarapi* (sickness)
4. *Marana* (death)
5. *Appiyehi Sampayogo dukkho* – (association with things / persons we don't like)
6. *Piyehi vippayogo dukkho* – (separation from things / persons we like)
7. *Yampitchang nalabathi thampi dhukko* – (not to get what one wants)

Lesson 5: 13th March 2022

1. Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Mangala Sutta continue

Homework

(Learn the Four Noble Truths (click on homework))

Lesson 6: 18th September 2022

1. Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Dhamma Talk and Discussion in English
5. Daham Pasal song

Lesson 7: 2nd October 2022

1. Buddha Vandhana
2. Loving kindness meditation
3. Thought of the day
4. Merit Book entries
5. "Jathaka Katha" continuation from the Zoom class (Click hear to listen the recording)
6. Continue learning the Sinhala alphabet and learning to talk in Sinhala
7. Homework
8. Daham Pasal song

Homework

1. Practice writing Sinhala alphabet අ ආ ඇ ඈ
2. For each letter find two words (not learnt in the class) and write it down in your book
3. Learn to recite the Dhamma pada Verse 1, learn the meaning of the verse and the story

Suffering is Mind-made

*Manopubbaṅgamā dhammā,
manoseṭṭhā manomayā
Manasā ce paduṭṭhena, bhāsativā karoti vā
Tato naṃ dukkhamanveti, cakkam 'va vahato padam.*

Meaning:

Mind is the forerunner of (all evil) states.
Mind is chief; and they are mind-made.
If one speaks or acts with a corrupt mind,
Suffering follows as the wheel follows the hoof of the ox

Story: The Elder Chakkhupāla

A monk named Cakkhupāla determined not to lie down for the entire Rains Retreat. He contracted an eye infection and the doctor told him that he must lie down to take the medicine. He refused to lie down, so the disease got worse. He realised Arahantship, but simultaneously went blind. As he was pacing up and down, he unintentionally killed many insects. Visiting monks noticed the trampled insects on the elder's walking meditation path, and told the matter to the Buddha. The Buddha explained that the monk had killed them unintentionally and that he was an Arahant.

The monks then asked the cause of his blindness. The Buddha related how, in a previous life as a doctor, he had treated a poor woman's eyes. She promised to become his servant if her eyesight was restored. The treatment worked, but the woman pretended that her eyesight was getting worse. The doctor retaliated by giving her another medicine, which blinded her. Due to that evil action Cakkhupāla became blind.

Student Work

Thought of the day

1. ගරු ස්වාමීන්වහන්සේ සහ ගුරු මව් වරුන්ගෙන් අවසරයි. දයාබර යාලුවනේ. අද මම කතා කරන්න යන්නේ අපේ දෙමාපියන්ට ගරුකිරීමේ වැදගත්කම ගැනයි. අපේ අම්මල තාත්තල හරියට මහන්සි වෙනව අපිට ඔක්කොම සම්පූර්ණ කරන්න. කන්න බොන්න දීල උගන්වල. ඒ නිසා අපි ඔක්කොමල දෙමාපියන්ට ගරු කරන්න ඕනි. ඒ වගේම කීකරු වෙන්නත් ඕනි.

ඔබ සැමට ස්තූතියි.
මම ඩිහන්සා පානදුර

2. *Na hi verena verani
Sammantidha kudacanam
Averena ca sammanti
esa dhammo sanatanoo*

Amanda Morapitiya

3. I will be talking about one of the Precepts which is “Adinadana veramani sikkha padhan samadiyami”. Which is to not take things which are not given to you, also known as stealing. My advice is to appreciate what you have and don’t be jealous of other people. Example if someone has something you really want don’t be jealous and don’t steal.

Written by Nikil

4. ගරු ස්වාමීන්වහන්සේගෙන්ද, ගුරුමෑණිවරුන්ගෙන්ද, ඔබ සැමගෙන්ද අවසරයි. අද දවසේ සිතුවිල්ල අන් අයට උදව් උපකාර කිරීම ගැනයි. අපි හැමවිටම කාටහෝ උදව්වක් අපිට පුලුවන් විදියට කරන්න ඕනේ. පාසලේදී අපගේ යහළුවන්ටද, නිවසේදී දෙමාපියන්ට සහ සහෝදර සහෝදරියන්ටද උදව් උපකාර කරන්න ඕනේ. මිනිසුන්ට වගේම අසරණ සත්තුන්ටද උදව් කරන්න ඕනේ අපට පුලුවන් විදියට.

බුදුරජාණන් වහන්සේද අසරණ අයට උදව් උපකාර කිරීම ගැන දේශනා කරලා තියෙනවා. ඒවගේම උන්වහන්සේ සුනීත, සෝපාක වැනි අසරණයන්ට කරුණාවෙන් උදව් කරලා තියෙනවා. එමනිසා අපි කාටහෝ උදව්වක් අවශ්‍ය වුනහම අපට පුලුවන් ආකරයෙන් පුංචි හෝ උදව්වක් කරමු.
ඔබ සැමට තෙරුවණ් සරණයි!!!

රයිනි රණතුංග

Citations and References