

PASSIONIST
EARTH & SPIRIT CENTER

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Meditation Class

Insight Meditation

Fall 2009

Primary Text: *What the Buddha Taught* by Walpola Rahula

Secondary Text: *Mindfulness in Plain English* by Bhante Henepola Gunarantana
(Updated and Expanded Edition, 2002)

Date	Topic	WBT-Text	MPE
1 September 22 – Tuesday	What is an Insight? Introduction to Systematic Buddhism	Preface	
2 September 29 – Tuesday	The Buddhist Approach to the Mind Seeking the Truth Leads to the Four Noble Truths	WBT, Ch. 1	Ch. 1, 2, 3
3 October 6 – Tuesday	Satipatthana Sutta Four Foundations of Mindfulness	WBT, p. 109	Ch. 4, 5
4 October 13 – Tuesday	Satipatthana Sutta Cleansing the Mind Leading to Realization of Ultimate Truth	WBT, Ch. 7	Ch. 6, 7
5 October 20 – Tuesday	1st Noble Truth – Dukkha Five Aggregates and Three Forms of Dukkha	WBT, Ch. 2	Ch. 8, 9
October 27 – No Class			
6 November 3 – Tuesday	2nd Noble Truth – The Cause of Dukkha Craving and Desires – Death and Rebirth	WBT, Ch. 3	Ch. 10, 11, 12
7 November 10 – Tuesday	3rd Noble Truth – Liberation from Dukkha Annihilation of the Self Leading to Nibbana and Freedom	WBT, Ch. 4	Ch 13, 14
8 November 17 – Tuesday	4th Noble Truth – The Path out of Dukkha The Eight-Fold Path and the Three-Fold Training	WBT, Ch. 5	Ch 15
9 November 24 – Tuesday	Annata – No-Self – Interbeing Conditioned Arising and the Three Conditions	WBT, Ch. 6	Ch. 16
10 December 1 – Tuesday	What the Buddha Taught and the World Today Metta – Universal Love	WBT, Ch 8	Afterward p. 177