

Seeing the implications of our behaviour for ourselves and others

A six-week course exploring Buddhist Ethics. Provided by Vajrapriya, Cambridge Buddhist Centre, UK

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Week 1: Ethics as individual choice

- a) Attitudes when trying to communicate ethics
- b) Notes for the teacher, including suggestions for:
 - Learning outcomes for module
 - Exercise: Why practise ethics?
 - Sources of ethical judgment
 - The workings of karma
 - Intention and intelligence (skilfulness)
 - Precepts as training principles
 - Suggestions for home practice
 - Recommended further reading
- c) Materials/handouts:
 - Exercise: Quotes on ethics
 - Handout on main topics as given in a

Week 2: Love as the golden rule

- a) Notes for the teacher, including suggestions for:
 - Learning outcomes
 - Review of last session
 - First precept
 - Exercise: Debate on vegetarianism
 - Love mode vs. power mode (with writing exercise and small group discussion)
 - Suggestions for home practice
- b) Materials/handouts:
 - Handout on main topics as given in a

Week 3: Generosity

- a) Notes for the teacher, including suggestions for:
 - Learning outcomes
 - Review of last session and home practice
 - Dana as the fundamental Buddhist virtue
 - Ways of taking the not-given
 - Recollecting generosity
 - Role-play: giving – taking – receiving OR generosity audit
 - Dana at the Buddhist centre
 - Suggestions for home practice
- b) Materials/handouts:
 - Cards for Role-play
 - Worksheet for generosity audit
 - Handout on main topics as given in a

Week 4: Simplicity and Contentment

- a) Notes for the teacher, including suggestions for:
 - Learning outcomes
 - Review of previous class and home practice
 - Brainstorm about Buddhist attitudes to sexuality
 - How can we cultivate simplicity and contentment?
 - Exploring stillness, simplicity, contentment
 - Suggestions for home practice
 - Recommended further reading
- b) Materials/handouts:
 - Handout on main topics as given in a
 - Quotes about stillness, simplicity, contentment

Week 5: Truthfulness

- a) Notes for the teacher, including suggestions for:
 - Learning outcomes
 - Review of previous class and home practice
 - Why be truthful?
 - Exercise: What are the consequences of (un)truthfulness?
 - How to practice

Communication exercise

Suggestions for home practice

Recommended further reading

b) Materials/handouts:

Handout on main topics as given in a

Quotes on truth

Week 6: Mindfulness

a) Notes for the teacher, including suggestions for:

Learning outcomes

Review of previous class and home practice

Centrality of mindfulness in Buddhism – why?

Exercise: mindful passing of an object

Importance of body awareness

Losing mindfulness and intoxication

How to enhance mindfulness in everyday life

Suggestions for home practice

Recommended further reading

b) Materials/handouts:

Worksheet Mindfulness and Intoxication

Handout on main topics as given in a