

## **Course Outline**

### **6-Week Introduction to Buddhism**

**Wednesday evenings, 7-9:15pm, DATES**

**Course Instructors:** Suvarnaprabha and Rachel Kahn

**Course materials:**

Introducing Buddhism, Chris Pauling

Supplementary readings

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- Week 1** Introduction to:  
This course (+quiz)  
Life of the Buddha  
Buddhist Tradition/Friends of the Western Buddhist Order  
**Homework:** Read Ch. 3 from Pauling first (then Ch. 1, then Ch. 2)
- Week 2** Short meditation  
The Threefold Path and Buddhist Ethics  
**Homework:** Read Chs. 4 & 6 from Pauling + handout
- Week 3** Buddhist Art Tour  
Buddhist meditation, ritual, and shrine room protocol  
**Homework:** Read Pauling section on Unsatisfactoriness, p. 46-47 + 49-52 + handout
- Week 4** -Short meditation  
-Four Noble Truths  
**Homework:** Read Ch. 5 from Pauling + handouts
- Week 5** -Short meditation  
-The Wheel of Life and the Three Marks of Conditionality  
-Course evaluation  
**Homework:** Read handouts (+ Pauling Ch. 7 optional)
- Week 6** -Short meditation  
-Questions? Revisit quiz.  
-Recommended reading/next steps
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