WHAT IS TRIRATNA? – SESSION PLAN FOR **WEEK 1**

**Team:** Arthavadin, Suryaka, Silabodhi, Anjali

**Main themes:**

* Overview of the six distinctive emphases: canonical material & personal experience
* Dedication ceremony
* The centrality of Going for Refuge

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| **START TIME** | **TOPIC** | **LED BY** |
| 19.00 | Welcome and introductions- pair up why here and gather some feedback | sk |
| 19.15 | Short introduction to ritual element of course salute shrine(expressing in words and action our intentions), then dedication ceremony (explain technical words like ‘mandala’, ‘samsara’, ‘Nirvana’ and ‘vajra’)Dedication ceremony expressing buddhist ideals… at what ever level we are at .making conscious our ideals.  | SK |
| 19.30 | Metta bhavana | AV |
| 20.00 | How the course will be structured:* ‘distinctive emphasis’ of the week- share list of 6 empases.
* Order member talks about distinctive emphasis in context of (a) Bhante’s teaching and (b) their own life history
* Featuring both canonical material & personal experience
* Introduce Subhuti’s ‘Buddhist Manifesto’ (copies available at end of class)
 | AV |
| 20.10 | * Ask them what they think GFR to 3 jewels means- pair up 5 mins and gather some feedback
* Story from time of Buddha of someone GFR.Unpack essential points of text.. Sigala worshipping 6 directions because father asked him to .. Buddha showing him what he should really worship and how to act in world. What is really worthy of our worship.
* Read a canonical quote (last 7 lines of Sigalovada Sutta),
* Access to insight will give you the text.last lines “it as if lord a man was to set upright that which had fallen etc…points to radical change of perspective through contact with Buddha leading to “ I take my refuge in the Buddha ect. ( see word doc in bud 2 file) could read x 2 . shows radical

 Change in pesrpective / actual felt experience of things not been the way we thought they were .  | SK |
| 20.25 | **TEA BREAK** |  |
| 20.50 | Leader talks about ‘the centrality of Going for Refuge’ in context of (a) Bhante’s teaching and (b) their own life history/ journey | AV |

(PTO)

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| **START TIME** | **TOPIC** | **LED BY** |
| 21.05 | False/ true refuges… and levels for GFR cultural, provisional , effective . real. Diagram showing how we might progress , lessening reliance on false refuges and growing reliance on true refuges .Bhante’s teaching on GFR primary/ lifestyle secondary.( but still important) Unique to triratanaPose a question To what (or whom) do you ‘go for refuge’?( we all go for refuge to something!! Be honest !* What’s our experience of seeking refuge in things/ people etc, is it reliable ?

10 mins in pairs  | AV |
| 21.15 | Plenary discussion based on the above,  | SK |
| 21.25 | ‘Homework’ for the week: consider making a ritual representation of whatever you commit to/ rely on /value/ precious to us.to remind us of what our highest values are.Could include a Buddha/ shrine.Read Buddhist manifestoMeditate and salute shrine daily  | SK |
| 21.30 | Finish |  |