

# Foundation Dharma Study

For the last 3 years we have been running a year long study course looking at a wide variety of Buddhist topics. This course gives a great foundation for Buddhist practice and for those interested in leading a Buddhist life.

This course builds on our successful Level 1 and Level 2 Buddhism courses. It will give those who have completed those courses an opportunity to learn more about Buddhism and take their practise further. It is also open to members of the Mitra Sangha who have completed the Mitra study course or have not had the opportunity for Mitra study, and those that have been regularly attending another class at the Centre and would like a more structured learning environment.

So on Tuesday evenings we will be providing a way of studying the first year of the four year mitra study course. Participants will need to study the material provided at home before each class and bring along any questions or points for discussion. The 'home-work' usually involves reading about 4 pages of text and spending some time reflecting on that material. There may also be further reading or exploration of the study subject that could be completed if you have time.

## Six Modules

The course is made up of 6 modules and each module takes approximately 6 weeks to complete. However, depending on the interests and abilities of those attending some modules may take a little longer. The modules may be interspersed with other complementary activities on a Tuesday evening such as Mitra ceremonies and visiting speakers. The 6 modules will be spread throughout the year. People are welcome to attend any of the 6 modules, but most benefit will be gained by attending the modules sequentially and completing all six modules. It is intended to run the 6 modules every year whilst required.

## Who should attend?

The Mitra study course, as its name suggests, is intended for those that have become a Mitra and wish to take their understanding of Triratna and Buddhism deeper. However, this first year of the 4 year Mitra study programme is also available to those who have completed the Level 1 and Level 2 Buddhism courses, or have been coming along to the Centre for some time. If you are not sure whether you meet the criteria then please do get in touch to discuss your individual situation.

The course will be led by Order Members from the Centre who have many years experience of leading study groups. The first module will be led by Swadipa.

The study will usually run from 7pm until 9pm and will be held at the Centre. The course is provided free on a Dana (donation) basis, but we do ask that people attending, wherever possible, take out a regular monthly donation to the Centre.

## The Topics

The topics covered in each 6 week module:

Module1: Going for Refuge to the Three Jewels (Part 1) Module2: Going for Refuge to the Three Jewels (Part 2) Module3: Ethics

Module4: Meditation

Module5: Wisdom

Module6: Buddhism and Triratna, Devotional Practice

The mitra study course material that we will be using is available for free online at <https://thebuddhistcentre.com/mitra/>; although a donation to freeBuddhistAudio will help to keep the material available to all.

You can also purchase a printed version at <http://www.lulu.com/shop/triratna-buddhist-community/dharma-training-course-year-one/paperback/product-23103955.html>

The first Tuesday evening will be holding an Introductory evening where you can find out more about the Dharma evening, the study course and what is required of you. The first module then begins the following week.

## Interested?

If you would like to join the group please complete the RSVP form on the event webpage. If you still have questions then please get in touch by emailing [dh.swadipa@gmail.com](mailto:dh.swadipa@gmail.com)

If you think you are not quite ready for the Dharma Night study then you will be pleased to know that our popular Level 1 and level 2 Buddhism course will be running again during 2022.

More information about these entry level courses can be obtained from [enquiries@ipswichbuddhistcentre.org.uk](mailto:enquiries@ipswichbuddhistcentre.org.uk)