



Syllabus for Advanced Class (Grades 9/10/11)

1	Topic	What is Buddhism
	Learning Objective	Understand Buddhism as Religion, Philosophy and Psychotherapy
	Focus/Source	Focus : Buddhism and its various sects. Philosophical aspects in Dhamma How Practice can be use as therapy. Source : *See the Note below

2	Topic	Why Buddhism needs to our life
	Learning Objective	Discuss the benefits of practicing
	Focus/Source	Focus : Peaceful family life. Success in school and in society. *See the Note below

3	Topic	When to Practice
	Learning Objective	Where and when to practice
	Focus/Source	Focus : How to practice at home, school and temple Observing Sil Doing Meditation Chanting Source : *See the Note below

4	Topic	Rites and Rituals
	Learning Objective	Learning benefits of Rite and Rituals to Lay person.
	Focus/Source	Focus: Homage to Triple Gems Offering Flowers, light and Dana Bodhi Pūjā and Chanting Paritta. Source : *See the Note below

5	Topic	Rites and Rituals Cont.
	Learning Objective	Learning benefits of Rite and Rituals to Lay person.
	Focus/Source	Focus: Homage to Triple Gems Offering Flowers, light and Dana Bodhi Pūja and Chanting Paritta. Source : *See the Note below

6	Topic	Life of <i>Siddhartha</i>
	Learning Objective	Understand to live a successful life as lay person.
	Focus/Source	Focus : Birth, Naming Ceremony, Meditating at ploughing ceremony, Marriage. Source : *See the Note below

7	Topic	Renunciation and Ascetic wandering
	Learning Objective	Kings Responsibility and beyond pleasurable life.
	Focus/Source	Focus: 4 signs, great renunciation, meeting teaches, self mortification in 6 years. Source : *See the Note below

8	Topic	Attaining Enlightenment
	Learning Objective	Abandoning what is not worthy
	Focus/Source	Focus : Leaving 5 friends, Sujātā's dāna, Enlightenment and 7 weeks by the Bodhi tree Source : *See the Note below

9	Topic	<i>Buddha's Disciples (Ārya Sangha)</i>
	Learning Objective	Understanding Ārya Sangha
	Focus/Source	Focus : Stream Winner, Once Returner, Non Returner and Arahant. Source : *See the Note below

10	Topic	<i>Buddha's Disciples (Monks and Lay devotees)</i>
	Learning Objective	Continuation of Buddha's Lineage
	Focus/Source	Focus : Samanera, Bhikkhu, Dutanga Bhikku Monks life - Aspect of Sīla, Samadhi, Pannā Lay disciples – Aspect of Dana, Sila, Bāvanā Five, Eight and ten preceptors. Source : *See the Note below

11	Topic	<i>Attaining Parinibbāna</i>
	Learning Objective	Dhamma Became the teacher.
	Focus/Source	Focus : <p style="text-align: center;">Last Dana, Buddha decided to attain Parinibbāna</p> Source : *See the Note below

12	Topic	Learning Four Noble Truth
	Learning Objective	Understand Buddha's Profound teaching.
	Focus/Source	Focus : <p style="text-align: center;">Dukkha (Suffering)</p> <p style="text-align: center;">Samudaya (Cause for Suffering)</p> Source : *See the Note below

13	Topic	Learning Four Noble Truth (Cont.)
	Learning Objective	Understand Buddha's Profound teaching.
	Focus/Source	Focus : Nirodha (Cessation of Suffering) Mārga (Path to cessation of Suffering) Source : *See the Note below

14	Topic	Five Aggregates and Self
	Learning Objective	Understanding who I am.
	Focus/Source	Focus : Form, Feeling, Perception, formation and Consciousness Perception of Self. Source : *See the Note below

15	Topic	Seven Factors of Enlightenment
	Learning Objective	What is the factors of Enlightenment and its benefits for Ārya Srāvaka
	Focus/Source	Focus : Development of Factors Source : *See the Note below

16	Topic	<i>Kamma</i> and Critical evaluation
	Learning Objective	Understand Theory behind Kamma and effect
	Focus/Source	Focus : Dividing Kamma based on time of its effects. Discussion – how current effect may cause of Kamma. Source : *See the Note below

17	Topic	<i>Kamma</i> and Critical evaluation (Cont.)
	Learning Objective	Understand Theory behind Kamma and effect
	Focus/Source	Focus : Dividing Kamma based on time of its effects. Discussion – how current effects may cause of Kamma. Source : *See the Note below

18	Topic	Dependent Origination
	Learning Objective	Understand the Cause and Effect
	Focus/Source	Focus : How the causality come into function. 12 factors and from where we can break it for non existence. Source : *See the Note below

19	Topic	Dependent Origination (Cont)
	Learning Objective	Understand the Cause and Effect
	Focus/Source	<p>Focus :</p> <p style="padding-left: 40px;">How the causality come into function.</p> <p style="padding-left: 40px;">12 factors in DO and from where we can break it for non existence.</p> <p>Source : *See the Note below</p>

20	Topic	Understanding Meditation and benefit of Practicing
	Learning Objective	Why we need to meditate and benefits of meditation.
	Focus/Source	<p>Focus :</p> <p style="padding-left: 40px;">Ānāpānasati (breath mediation)</p> <p style="padding-left: 40px;">Loving Kindness (Mettā Meditation)</p> <p style="padding-left: 40px;">Calming Meditation (Samatha Meditation)</p> <p style="padding-left: 40px;">Insight Meditation (Vipassanā Meditation)</p> <p>Source : *See the Note below</p>

21	Topic	Buddhism and Science
	Learning Objective	Understand the Buddhism compliance to Science
	Focus/Source	<p>Focus :</p> <p style="text-align: center;">Similarities in scientific methods and theories to Dhamma expounded by Buddha</p> <p>Source : *See the Note below</p>

22	Topic	Buddhism and Science (Cont.)
	Learning Objective	Understanding Buddhism Beyond Science
	Focus/Source	<p>Focus :</p> <p style="text-align: center;">What Science cannot prove which can be explaining in Dhamma.</p> <p>Source : *See the Note below</p>

23	Topic	<i>Sutta Study I</i>
	Learning Objective	Selected Suttas from Cannon,
	Focus/Source	Focus: Mangala Sutta, Ratana Sutta, Kālama Sutta, Metta Sutta, Parābhava Sutta, and Singālovada Sutta, Source : *See the Note below

24	Topic	<i>Sutta Study II</i>
	Learning Objective	Selected Suttas from Cannon,
	Focus/Source	Focus: Mangala Sutta, Ratana Sutta, Kālama Sutta, Metta Sutta, Parābhava Sutta, and Singālovada Sutta, Source : *See the Note below

25	Topic	<i>Sutta Study III & IV</i>
	Learning Objective	Selected Suttas from Cannon,
	Focus/Source	Focus: Mangala Sutta, Ratana Sutta, Kālama Sutta, Metta Sutta, Parābhava Sutta, and Singālovada Sutta, Source : *See the Note below

26	Topic	Respecting the Venerable Monks
	Learning Objective	To make them understood the proper way of respecting Venerable monks
	Focus/Source	“Sīlavantam gunavantam Punnakkhettam anuttaram Dullabhena mayā laddham Buddhaputtam namāmaham”

27	Topic	Buddhism in Sri Lanka
	Learning Objective	Buddhist History In Sri Lanka
	Focus/Source	Focus : Buddha's arriving to Sri Lanka Arriving Arahant Mahinda. Arriving Arahant Sangamitta Source : *See the Note below

28	Topic	Buddhism in Sri Lanka (Cont)
	Learning Objective	Buddhist Culture in Sri Lanka
	Focus/Source	Focus : How Sri Lankan culture affected from Buddhism. How Buddhist rites and rituals affected from Sinhala Culture Monks becoming the teachers and head of the society. Buddhist celebrations in Sri Lanka Source : *See the Note below

NOTE : Source

1. What Buddha Taught - By Dr Walpola Rāhula
2. Access Insight web site.
3. Book assigned to Advanced class