



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

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 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 |

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| 16 | Topic | <i>Kamma and Critical evaluation</i> |
| | 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 |

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| 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 |

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| 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 |

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| 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> |

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| 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> |

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| 21 | Topic | Buddhism and Science |
| | Learning Objective | Understand the Buddhism compliance to Science |
| | Focus/Source | Focus : Similarities in scientific methods and theories to Dhamma expounded by Buddha Source : *See the Note below |

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| 22 | Topic | Buddhism and Science (Cont.) |
| | Learning Objective | Understanding Buddhism Beyond Science |
| | Focus/Source | Focus : What Science cannot prove which can be explaining in Dhamma. Source : *See the Note below |

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| 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 |

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| 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 |

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| 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 |

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| 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” |

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| 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 |

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| 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