DHARMA FIELD MEDITATION AND LEARNING CENTER

The Eightfold Noble Path

syllabus

lecture #1—

Wisdom—right view, right intention

read: *BPS Ch. 6; plus Saddhatissa sections #1 and #2*

lecture #2—

Words—right speech

read: *BPS Ch. 7 (to first double break, shortly before the Ryōkan poem); plus Saddhatissa section #3*

lecture #3—

Deeds—right action, right livelihood

read: *BPS Ch. 7 (from first double break, shortly before the Ryōkan poem to end of chapter); plus Saddhatissa sections #4 and #5*

lecture #4—

Wholeness—right effort

read: *BPS Ch. 8 (to first double break, before "mindfulness"; plus Saddhatissa section #6*

lecture #5—

Awareness—right mindfulness, right meditation

read: *BPS Ch. 8 (from first double break end of chapter) plus Saddhatissa sections #7 and #8*

lecture #6—

Freedom—wisdom revisited

read: BPS ch. 9

Main Text: *Buddhism Plain and Simple (BPS),* by Steve Hagen

Handout: Excerpts from *The Buddha's Way,* by H. Saddhatissa