



Community Education Fall 2023

Buddhism 101

Instructor: Scott See

Phone: 203-433-2296

E-Mail: scott@hammock.net

Course Description:

- Learn about Buddhism and begin on a path to reduce suffering. We will meditate, learn about the historical Buddha, explore various traditions and options for continued practice, and practice metta (loving kindness) and gratitude. You will be prepared to confidently continue your practice via in-person or Zoom mediation services.

Learning Outcomes: *As a result of taking this course, students will:*

- Learn how to reduce stress, cravings, anger, a busy mind, etc. that rob you of a peaceful life
- Learn about Siddhartha Gautama, the historical Buddha, and about his quest to learn how to end suffering
- Practice 3 forms of meditation, metta (loving kindness) and gratitude
- Learn how to incorporate Buddhist practice into your life for a long-term journey that leads to a more peaceful, compassionate life

Course Schedule:

Week 1: Oct. 4

Week 2: Oct. 11

Week 3: Oct. 18

Selected Bibliography/Resources:

<https://nothingtoattain.com/>

This is a personal blog reflecting Scott's journey on the Path.

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your "junk mail," but we can assure you it's from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather:

If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/