



Community Education

Buddhism 101

Instructor: Rev. Scott See (Minh Tỳ) Ordained Buddhist Minister in the Vietnamese Thiền (Zen) tradition. (Please just call me Scott.)

Phone: 203-433-2296

E-Mail: scott@nothingtoattain.com



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:

- Learn about and participate in Buddhist practices such as meditation, mindfulness, metta (loving kindness) practice, and gratitude.
- Begin on a journey which can lead to a more peaceful life.
- Learn about the many opportunities to continue practicing Buddhism.
- Experience how a Buddhist practice can affect us on a day-to-day basis.

Course Schedule:

Week 1: —

- Review goals of the course—to learn how to lead a more peaceful life.
- Learn to be guided by what you experience rather than what you are told. Buddhism is an experiential practice rather than a dogmatic one.
- Review the story of the historical Buddha, Siddhartha Gautama.

→ Learn the foundational teachings of the Buddha, the Four Noble Truths and the Noble Eightfold Path.

Week 2: —

- Practice four types of meditation.
- Participate in a typical Buddhist meditation service.
- Review everything from the previous week.

Week 3: —

- Review options for continued practice.
- Review everything from the previous two weeks.

Selected Bibliography/Resources:

Below you will find recommended references and online links to give you more information about the topics of this course. If you have a special interest on a topic we discuss, please ask me for further references.

- **Good Question, Good Answer:** http://www.buddhanet.net/pdf_file/gqga2.pdf
- **Zen Philosophy, Zen Practice** by Thich Thien An
- **Old Path White Clouds: Walking in the Footsteps of the Buddha** by Thich Nhat Hanh
- **Mt. Adams Buddhist Temple's chant book:** <https://mtadamsbuddhisttemple.org/chant-book/>

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: Include inclement weather in fall and winter only

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.

Handouts can be found at: <https://drive.google.com/drive/folders/1J2h8LpHcd9pGnmkX3J-XUWbT4V-peHSc?usp=sharing>

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