

# Classic 12 Day Early Buddhist Meditation Course:

The scope is introduction to all the 40 classic meditation objects (*Kammatthāna*) taught by the last Gotama Buddha. The 8 core meditation methods will be covered in all detail. So will early Buddhist Ethics, Philosophy, and Cosmology. The orthodox training starts 4AM with yoga, followed by alternating 45 minutes sessions of sitting and walking meditation, interspersed with instruction videos and Dhamma-talks. 2 daily vegetarian meals. Fruits and chai in evening. Late yoga ends at 22PM. Talking, smoking, phoning, drinking, intoxication and sexual mating is not allowed. Masturbation is neither good, since limiting the results.

Day	Morning	Midday	Evening
1	Introduction	Rules/Regulations	Ethics/Morality ( <i>Sīla</i> )
2	Rebirth/Transmigration	Buddhist Cosmology	Quantum-Dhamma
3	The Law of <i>Kamma</i>	Noble States ( <i>Ariya</i> )	40 <i>Kammatthānas</i>
4	<i>Brahma-Vihāra</i>	<i>Mettā</i> -meditation	<i>Karunā</i> -meditation
5	<i>Muditā</i> -meditation	<i>Upekkhā</i> -meditation	Divine Dwelling
6	<i>Kāyagatāsati</i>	<i>Asubha</i> --meditation	Fearlessness
7	4 Reference Frames	<i>Satipatthāna</i>	Presence
8	Breathing Meditation	<i>Ānāpānasati</i>	First Tetrad
9	Second Tetrad	Third Tetrad	Fourth Tetrad
10	Calm & Insight	<i>Jhāna</i> Absorption	The 18 Principals
11	Life of the Buddha	<i>Theravāda</i> History	5 Buddhist Councils
12	The <i>Tipitaka</i> Texts	<i>Abhidhamma</i>	Evaluation

## Course Text Materials:

Breathing Meditation Manual (*Ānāpānasati*):

<https://what-buddha-said.net/library/pdfs/anapanasati.pdf>

The Path of Purification (*Visuddhimagga*):

<https://what-buddha-said.net/library/pdfs/PathofPurification2011.pdf>

Bring: Your Meditation Pillows, loose white clothing, Shawl, 3M Ear-plugs, & Alarm Clock.

