

**BUDDHIST EDUCATION CENTER OF AMERICA INC.  
DONG HUNG BUDDHIST TEMPLE**

**4177 West Neck Rd. Virginia Beach, VA 23456-3861**

**Phone: (757) 689-3408**

**WISDOM FOR MODERN LIVING:  
BUDDHIST TEACHINGS & PRACTICE**

Weeks 1-4: The Four Noble Truths & Noble Eightfold Path

VIDEO RESOURCES:

Ven. Thich Nhat Hanh on Nirvana

The Dalai Lama on the Four Noble Truths

READINGS:

Ven. Thich Nhat Hanh, Heart of the Buddha's Teaching, chs 1-16  
Setting in Motion the Wheel of Truth (Dhamma Cakka Pavattana  
Sutta)

Discourse on Right View (Sammaditthi Sutta)

Week 5: The Buddhist Theory of Human Nature

READINGS:

“The Five Aggregates,” Hanh, ch. 23

Aggregates (Khandha Sutta)

Week 6: No-Self, Impermanence, Emptiness

READINGS:

Discourse on the Dharma Seal (Sutra #104, Taisho Rev.)

The Heart Sutra (Prajna Paramita Sutta)

OPTIONAL 24-HOUR RETREAT AT DONG HUNG TEMPLE. FREE TO PARTICIPANTS. DETAILS WILL BE GIVEN IN CLASS.

Week 7: Karma

READINGS:

Payutto, “Kamma As a Law of Nature”

[Kamma Sutta](#)

[Shorter Exposition of Kamma \(Culakammavibhanga Sutta\)](#)

Weeks 8-9: The Nature of Cause & Effect

READINGS:

“The Twelve Links of Interdependent Co-Arising,” Hanh, ch. 27

[Discourse on the Eight Realizations of the Great Beings \(Sutra # 779, Taisho Rev.\)](#)

Week 10: Buddhist Ethics

READINGS:

Hanh, ch. 25

[Discourse on Love \(Metta Sutta\)](#)

[Discourse on Happiness \(Mahamangala Sutta\)](#)

[Discourse on Knowing the Better Way to Live Alone \(Bhaddekaratta Sutta\)](#)

Week 11: Theory & Practice of Meditation

READINGS:

[Discourse on the Full Awareness of Breathing \(Anapanasati Sutta\)](#)

[Discourse on the Four Establishments of Mindfulness \(Satipatthana Sutta\)](#)

Week 12: The Life of the Buddha

READINGS:

Boeree, The Life of Siddhartha Gautama

**END OF THE FIRST COURSE**