

DHARMA FIELD MEDITATION AND LEARNING CENTER

The Four Noble Truths

September 13–October 18, 2011 | Instructor: Steve Hagen

syllabus

class 1 The Human Situation

Buddhism Plain and Simple, pp. 1–24

What the Buddha Taught,* pp. xv-xvi, pp. 1–15

class 2 A Wheel Out of Kilter

Buddhism Plain and Simple, pp. 25–32

What the Buddha Taught, pp. 16–20

class 3 The Three Forms of Dukkha

Buddhism Plain and Simple, pp. 25–32

What the Buddha Taught, pp. 16–20

class 4 The Five Aggregates

handout

What the Buddha Taught, pp. 20–28

class 5 Coming and Going

Buddhism Plain and Simple, pp. 33–52

What the Buddha Taught, pp. 29–44

class 6 The Art of Seeing

Buddhism Plain and Simple, pp. 53–59

What the Buddha Taught, pp. 45–50

main text: *Buddhism Plain and Simple*, by Steve Hagen

*supplemental text, (not required): *What the Buddha Taught*, by Walpola Rahula