

The Awakened Life

Course Schedule – 2019

Date	Instructors	Topic	Reading	Assignment
1/18	Russo, Cornelius, Miller	Life of the Buddha Meditation: Meditation Posture & Breathing Film: The Buddha (Part 1)		
1/25	Russo, Cornelius	Teachings of the Buddha –Methodology and Worldview Meditation: Counting Breaths Film: The Buddha (Part 2)	Buddhism, Chapter 1- 2	Unit 1 Questions Essays Unit 2 Questions Essays Note: 2 sets of essays and 2 meditations this week!
2/1	Cornelius, Russo	Teachings of the Buddha – The Four Noble Truths & Eightfold Path Meditation: Awareness of the Breath Film: The Buddha (Part 3)	Buddhism, Chapter 3 (pp. 75-88; 94-110; 117-121)	Unit 3 Questions Essays
2/8	Cornelius, Russo	Teachings of the Buddha – Karma, Rebirth & Nibbana Meditation: Film: Instructions to the Cook	Buddhism, Chapter 3 (pp. 89-93; 111-116) Handout: Batchelor, Buddhism without Beliefs (Agnosticism, Death, and Rebirth) Handout: Byrne, Intro & Chapter 1	Unit 4 Questions Essays Habit Paper – Identify Your Habit > Start thinking about this now. You can even begin writing the first part of your paper, if you want to.
2/15	Russo, Cornelius	Theravada Buddhism – Part 1 Meditation: Body Scan Film: Mindfulness: Be Happy Now (Part 1)	Buddhism, Chapter 4 (pp. 123-131; 137-150; 156-162)	Unit 5 Questions Essays
2/22	Cornelius, Russo	Theravada Buddhism – Part 2 Meditation: Choiceless Awareness & Mindful Walking Activity: coloring & mindful conversation Film: Mindfulness: Be Happy Now (Part 2)	Buddhism, Chapter 4 (pp. 131-136; 151-155) Byrne, Chapters 2-5	Unit 6 Questions Essays Essays for Units 1-6 must be posted onto Canvas under “Essays 1-6” Habit paper – What is Mindfulness? > Start getting a handle on what mindfulness is all about. You can begin writing the second part of your paper, if you want to.

3/1	Russo, Cornelius	Mindfulness and Habit Meditation: Mindful Interacting with the World Activity: mindful eating Film: 3 Clips on Mindfulness	Byrne, pp. 49-179	Paper Due on Canvas! (under "Mindfulness and Habit Paper")
3/8	Miller, Russo	Mahayana Buddhism – Part 1 Meditation: Chanting The Heart Sutra Film: Walk With Me (Part 1)	Buddhism, Chapter 5	Unit 7 Questions Essays
3/15		SPRING RECESS		
3/22	Miller, Russo	Mahayana Buddhism – Part 2 Meditation: Present Moment Awareness Film: Walk With Me (Part 2)	Handout: Dalai Lama, The Value and Benefits of Compassion	Unit 8 Questions Essays
3/29	Russo, Miller	Zen Buddhism – Part 1 Meditation: Film: The Zen Mind	Buddhism, Chapter 6	Unit 9 Questions Essays
4/5	Russo, Miller	Zen Buddhism – Part 2 Meditation: Meditating on Mu Film: One Body, One Heart OR The Departure	Handout: Joko Beck, What Practice is Not	Unit 10 Questions Essays
4/12	Russo, Miller	Tibetan Buddhism – Part 1 Meditation: Loving Kindness & om mani pedme hum chant Film: The Last Dalai Lama OR Kundun	Buddhism, Chapter 7	Unit 11 Questions Essays
4/19		EASTER RECESS		
4/26	Miller, Russo	Tibetan Buddhism – Part 2 Meditation: Giving & Receiving Film: The Last Dalai Lama OR Kundun	Handout: Chodron, When Things Fall Apart	Unit 12 Questions Essays
5/3		SNOW DAY		Essays for Units 7-12 must be posted onto Canvas under "Essays 1-6"
5/10	Miller, Russo, Cornelius	Buddhist Retreat Session Time 11-3		