



THERAVĀDA BUDDHIST ENGLISH Reading Comprehension, Translation, Interpretation

COURSE DESCRIPTION

INTRODUCTION:

The course assists students in gaining general knowledge of Theravada Buddhism, the teachings of the Buddha, Dhamma talks related to Mettā Bhāvanā (Loving-kindness Meditation), Samatha Bhāvanā (Tranquillity Meditation), Vipassanā Bhāvanā (Insight Meditation). The students also have an opportunity to learn some basic knowledge of the Pāli language and Pāli terms.

Furthermore, some Dhamma books and Dhamma talks of Indian, Sri Lankan, Myanmar, American Meditation Masters/Teachers are introduced to the students to acquire some skills of reading comprehension, translation, and interpretation regarding Theravāda Buddhism.

DURATION: 24 weeks / 6 months

TIME: 19:30 – 21:00, Sunday

INSTRUCTOR: Mr. Dinh Vu

LANGUAGES: English, Pāli, Vietnamese

METHOD: discussion, presentation

OBJECTIVES:

After finishing the course, students can grasp

- a brief of the Buddha's teachings (Theravāda Tradition);
- some Pāli – English Buddhist terms;
- general knowledge of Tipiṭaka, Samatha Bhāvanā (Tranquillity Meditation), Vipassanā Bhāvanā (Insight Meditation);
- some skills of reading comprehension, translation, and interpretation regarding Theravāda Buddhism.

SYLLABUS

1ST MONTH: INTRODUCTION OF BUDDHA'S TEACHING, PĀLI INTRODUCTION

Week 1: Course Introduction, [The Teaching of Buddha \(What the Buddha Taught\)](#), [Pāli Language Introduction \(Ref\)](#), [Pāli Terms](#), [Guide to Tipitaka](#)

Week 2: Some Essays on Gotama Buddha (the Buddha, Enlightened One) ([Ref](#)), Tiratana (Triple Gem) and Sīla (Morality) ([Ref](#))

Week 3: Some Essays on Samatha Bhāvanā and Vipassanā Bhāvanā (Tranquillity Meditation and Insight Meditation) ([Ref](#))

Week 4: Some Essays on Paññā (Wisdom) ([Ref](#))

2ND MONTH: VINAYA & SUTTANTA

Week 5: Vinaya (Discipline)

[Bhikkhu Patimokkha](#)

[Bhikkhuni Patimokkha](#)

Ref: [Bhikkhu Pātimokkhapāli \(Pāli-Viêt\)](#)

Week 6: Vinaya (Discipline)

[A Bhikkhu's Rules – A Guide for Laypeople](#)

Week 7: Suttanta (Discourse)

[Dhammacakkapavattana Sutta](#)

Week 8: Suttanta (Discourse)

[Mettā Sutta](#), [Ānāpānassati Sutta](#)

Ref: [Ānāpānasati Sutta – Student Notes](#)

3RD MONTH: SUTTANTA, ABHIDHAMMA

Week 9: Suttanta (Discourse)

Mahāsatiṭṭhāna Sutta ([Sayadaw Nandamālābhivamsa](#), [U Jotika and U Dhamminda](#))

Week 10: Suttanta (Discourse)

Mahāsatiṭṭhāna Sutta ([Sayadaw Nandamālābhivamsa](#), [U Jotika and U Dhamminda](#))

Week 11: Abhidhamma (Higher Doctrine / Higher Teaching)

[Fundamental Abhidhamma by Nandamālābhivamsa Sayadaw](#)

Week 12: Abhidhamma (Higher Doctrine / Higher Teaching)

[Abhidhamma In Daily Life by Ashin Janakabhivamsa](#)

4TH MONTH: METTĀ, SAMATHA & VIPASSANĀ BHĀVANĀ

Week 13: Mettā Bhāvanā (Loving-kindness meditation), Samatha Bhāvanā (Tranquillity of the Mind / Mind-calmness Meditation)

[Metta Bhāvanā \(Video 1, Video 2, Video 3\)](#) Samatha Bhāvanā ([Sayadaw Nandamālābhivamsa](#), [Dr. Mehm Tin Mon](#))

Week 14: Samatha Bhāvanā (Tranquillity of the Mind / Mind-calmness Meditation)

[Sayadaw Nandamālābhivamsa](#), [Dr. Mehm Tin Mon](#)

Week 15: Vipassanā Bhāvanā (Insight Meditation)

[Sayadaw Nandamālābhivamsa](#) ([Perspective of Vipassanā](#)), [Dr. Mehm Tin Mon](#)

Week 16: Vipassanā Bhāvanā (Insight Meditation)

[Sayadaw Nandamālābhivamsa](#) ([Perspective of Vipassanā](#)), [Dr. Mehm Tin Mon](#)

5TH MONTH: DISCUSSION ON BOOK; DHAMMA TALK AND INTERPRETATION

Week 17: Discussion on Dhamma book

[Being Nobody – Going Nowhere by Ayya Khema](#)

Week 18: Discussion on Dhamma book

[Seeking the Heart of Wisdom by Joseph Goldstein and Jack Kornfield](#)

Week 19: Dhamma talk and Interpretation

[Sayadaw Nandamālābhivamsa](#)

Week 20: Dhamma talk and Interpretation

[Sayadaw U Sīlananda](#)

6TH MONTH: DHAMMA TALK AND INTERPRETATION

Week 21: Dhamma talk and Interpretation

[Dhammananda Thero](#)

Week 22: Dhamma talk and Interpretation

[Ayya Khema](#)

Week 23: Dhamma talk and Interpretation

[S.N. Goenka](#)

Week 24: Dhamma talk and Interpretation, Closing the course

[Jack Kornfield](#)

THERAVADA BUDDHIST ENGLISH

REFERENCES

DHAMMA BOOKS

Ven. Dhammarakkhita

Mettā Bhāvanā:

http://www.buddhanet.net/pdf_file/scrn_metta.pdf

Wapola Rahula

What the Buddha Taught

http://www.ahandfulofleaves.org/documents/what%20the%20buddha%20taught_rahula.pdf

Sayadaw Nandamālābhivamsa

Samatha and Vipassanā:

https://drive.google.com/file/d/1Oc9EiE6J9JuF6fU7wLKUaSDd_prLsSij/view

Perspective of Vipassanā:

https://drive.google.com/file/d/1oYTQtIR-dViylaCNX8S30DR57_OjQ64v/view

<https://nandamala.org/books/>

Ashin Janakabhivamsa

Abhidhamma In Daily Life:

[https://abhidhamma-](https://abhidhamma-studies.weebly.com/uploads/2/7/7/2/27729113/abhidhamma_in_daily_life_by_ashin_janakabhivamsa.pdf)

[studies.weebly.com/uploads/2/7/7/2/27729113/abhidhamma_in_daily_life_by_ashin_janakabhivamsa.pdf](https://abhidhamma-studies.weebly.com/uploads/2/7/7/2/27729113/abhidhamma_in_daily_life_by_ashin_janakabhivamsa.pdf)

Dr. Mehm Tin Mon

<https://www.dhammadownload.com/Dr-MehmTinMon-abhidhammaInEnglish.htm>

Ayya Khema

Being Nobody – Going Nowhere

https://www.bps.lk/olib/bp/bp511s_Khema_Being-Nobody-Going-Nowhere.pdf

S.N. Goenka

Summary of 10 day discourses:

http://www.saraniya.com/books/meditation/SN_Goenka-The_Discourse_Summaries.pdf

<https://theravada.vn/book/the-discourse-summaries-in-10-day-vipassana-course-s-n-goenka/>

Pa-auk Sayadaw

Knowing and Seeing (Fifth Revised Edition):

https://drive.google.com/file/d/1qw1-bqy180Foo5kT7_ABpp3uPiv0hEdi/view

<https://sites.google.com/pamc.org.sg/ebookpauksayadaw>

Jack Kornfield

Seeking the Heart of Wisdom:

<https://budsas.net/sach/en201.pdf>

The Eightfold Path for the Householder:

http://www.buddhanet.net/pdf_file/ritepath.pdf

No Time like Present:

<https://media.oiiipdf.com/pdf/523fed32-fc28-49ca-85bd-b831683a0103.pdf>

DHAMMA TALKS

Sayadaw Nandamālābhivaṃsa (Myanmar)

<https://www.youtube.com/channel/UCpHDMJzGdmtLiwg6tFDhWGg/playlists>

Sayadaw U Silananda (Myanmar)

<https://www.youtube.com/watch?v=aCjBRpZUqrE>

Dhammananda Thero (Sri Lankan)

<https://www.youtube.com/watch?v=DUuxc9tMECw&list=PLB8E19494C25666E5>

<https://www.youtube.com/user/buddhistmahavihara/playlists>

Ayya Khema (German American)

<https://www.youtube.com/watch?v=ING1AEMROc4&list=PLn37YDESSI2fDnATdIASo6Dt1Whau2Ncc>

Thanissaro Bhikkhu (American)

<https://www.youtube.com/c/DhammataalksOrg/playlists>

Amaravati Buddhist Monastery (American and British)

<https://www.youtube.com/c/AmaravatiBuddhistMonastery/playlists>

Yuttadhammo Bhikkhu

https://www.youtube.com/channel/UCQJ6ESCWQotBwtJm0Ff_gyQ

S.N. Goenka (Indian)

<https://www.youtube.com/watch?v=cz7QHNvNFfA&list=PLPJVIVRVmhc4Z01fD57jbycem9I6W054x>

Jack Kornfield (American)

<https://www.youtube.com/c/JackKornfieldChannel/playlists>

TIPITAKA (ENGLISH)

<https://drive.google.com/drive/folders/14xNI5Cclz53RSMZJ5P29gyl4RCWDWuO?usp=sharing>

Vinaya:

https://drive.google.com/drive/folders/1LIW72a4_AWRBD0Y2f2877h5115VGaxFL?usp=sharing

Suttanta:

https://drive.google.com/drive/folders/1FnZkThLgCxWXFkwku8hLYg8Klq_tZUf9?usp=sharing

Adhidhamma:

<https://drive.google.com/drive/folders/1WcqJu92tJ9o8sRvWEzTDm3uZA7HZ7tMz?usp=sharing>

ITBMU ENTRANCE EXAM

Ven. Lien Trang and Le Chanh

https://drive.google.com/file/d/1xgzkm8y7fHe1yHAGBwg_J_2RpJ_1UlhW/view?usp=sharing

<http://www.hoalinhthoai.com/buddhistbook/detail/book-16/index-229/Tai-lieu-on-thi-vao-truong-dai-hoc-Phat-giao-quoc-te-tai-Mien-Dien-.html>

LECTURES

Bhikkhu Bodhi

https://www.youtube.com/watch?v=k1WtpnRDx6M&list=PL87WdHjb9rqU3hdbwLCE_9qwsGUq3IfEg

Majjhima Nikāya:

<https://www.youtube.com/watch?v=NG5UKMAIYGg&list=PLYyry8YScNfQuxLs723TOqfIByQfVoENz>

Abhidhamma:

<https://www.youtube.com/watch?v=mPztefkY778&list=PLIIDc2zUth8RWXXsOAHqB6WiSmZZuQdCx>
(2018)

<https://www.youtube.com/watch?v=mPztefkY778&list=PLIIDc2zUth8RWXXsOAHqB6WiSmZZuQdCx>
(2013-2016)

PĀḲI DICTIONARIES & TĪPĪṲAKA

<https://www.accesstoinight.org/glossary.html>

<https://www.urbandharma.org/pdf/palidict.pdf>

<https://ariyajoti.files.wordpress.com/2016/10/introduction-to-pali-extended-one.pdf>

https://www.digitalpalireader.online/_dprhtml/index.html

<https://americanmonk.org/tipitaka-pali-projector>

<https://tipitaka.org>

<https://suttacentral.net>

