

From Serenity to Insight: Three Buddhist Mindfulness Practices

Syllabus

Instructor	Craig Wille
Phone	608-692-3163
E-Mail	wille.craig@gmail.com

Description:

This class is for beginners and experienced meditators.

Meditation is a major-but not only-component of a Buddhist approach to living a good life. This class will note other aspects of practice; but will focus on three styles of doing mindfulness. While those styles will look familiar to repeat participants, a new component in this class is a focus on the concept of Samadhi (concentration or unification of mind), and an introduction to Jhanna States. These Jhanna States are a powerful potential outcome of Samadhi. While those states usually take time and practice to access, this introduction can pave the way.

Goals:

Goal 1: Understand and practice breath meditation

Goal 2: Understand and practice breath/insight meditation

Goal 3: Understand and practice receptive awareness (Vipassana) meditation

Course Schedule

Class Date	Topic
Spring 2022	
2/23	The context of mindfulness practice
3/2	The practice of breath (serenity) meditation
3/9	Samadhi and Jhanna States
3/16	Samadhi and Jhanna States
3/23	Samadhi and Jhanna States
3/30	The practice of receptive (insight) meditation
4/6	The practice of receptive (insight) meditation
4/13	The practice of receptive (insight) meditation
4/20	Breath/insight meditation practice
4/27	Putting the pieces together

