

## Dhamma Discussion Group 2018

### General considerations:

- We need to decide how often to meet (monthly, over 10 sessions perhaps) and where.
- We will again tie our discussion to the text by Anālayo ‘The Direct Path to Realisation’, to guide our reading of the Satipaṭṭhāna Sutta as the key teaching in our tradition
- The pattern of topics that emerged in previous years has provided a basis for this structure for 2017. This is open to modification by the group.
- The first two sessions will explore the meaning of mindfulness. Later topics will take selected teachings (especially the Noble Eightfold Path) and explore these in the context of the Satipaṭṭhāna.
- We will use some of the resource material from previous years
- We will relate our discussion to meditation practice and living the Dhamma.

13 February	Sati	Clarifying the meaning of mindfulness. Metaphors for mindfulness. Overview of the discussion and the text
13 March	Sati and the four Satipaṭṭhānas	Sati in the context of the satipaṭṭhāna teachings. Four domains or foundations for cultivating mindfulness (body, feeling, mind-states and dhammas).
10 April	The Five Faculties	Mindfulness in the context of the Five Faculties (sati, faith, energy, concentration, wisdom).
8 May*	The Seven Awakening Factors	Mindfulness and the Seven Awakening Factors (sati, investigation, effort, joy, tranquility, concentration, equanimity)
12 June	The Noble Eightfold Path	Mindfulness as one of the eight Path Factors: an overview of the Path
10 July*	The Morality Group	How do we practice an ethic of restraint? How is it a foundation of the Path?
14 August	The Concentration Group	Effort, Mindfulness, and Concentration
11 September	The Wisdom Group	Right Intention (Purpose) and Right View (Discernment) as foundation and consequence
7 October	The Four Noble Truths: Suffering and Its Cause	Overview of the Teaching. Focus on Craving and Clinging. Relation to the teaching of Conditionality.
13 November	The Four Noble Truths: Cessation and the Path	Meanings of cessation. Review of Mindfulness in the context of the Eightfold Noble path.

\* John may be on retreat during this month.