Schedule for Dharma Classes: Each class begins Sundays at 8:30 am. We begin with a ‘get into the rhythm of stillness’ for five minutes. Then we read from our ‘Buddhism Cheat Sheet’ (see in downloads for your own copy). And then continue with contemplation sitting for 15 to 20 minutes.

Each class is brief, informal. There is no chanting or prostrations unless it is specific to the topic. All prostrations, chanting and offerings at the altar are done before the 8:30 class by myself and anyone in attendance. This schedule is tentative as I do schedule travel at a moment’s notice and may have to reschedule for that or weather concerns. Please see FaceBook for more: <https://www.facebook.com/thecenteredpath/> You may also wish to join the group on Facebook as well. <https://www.facebook.com/groups/423246015195004/> It is public for the time being but you will have to request to join rather than just follow. I will post more there soon.

01/05/2020: The Four Noble Truths

01/12/2020: The Eight Fold Noble Path

01/19/2020: The Five Precepts

01/26/2020: The Three Refuges

02/02/2020: The Seven Points of Posture

02/09/2020: The Five Hindrances

02/16/2020: The Eight Vicissitudes

02/23/2020: The Four Brahma-Viharas

03/01/2020: The Five Aggregates

03/08/2020: The Six Sense Doors

03/15/2020: The Metta Sutra (Loving Kindness)

03/22/2020: The Three Poisons/Remedies

03/29/2020: The Six Realms of Samsara

04/05/2020: The Four Foundations of Mindfulness

04/12/2020: The Three Signs of Being

04/19/2020: Karma

04/26/2020: Levels in the Sangha

05/03/2020: Blessings of a meal and gratitude

05/10/2020: The Bodhisattva vow

05/17/2020: The Jhanas or Dhyanas of Meditation and Absorption

05/24/2020: The Seven Awakening Factors

05/31/2020: The Ten Paramitas

06/07/2020: The Annatakalana Sutra

06/14/2020: The Kalama Sutra

06/21/2020: The Lotus Sutra

06/28/2020: The Diamond Sutra

07/05/2020: The Metta Sutra

07/12/2020: Sattipatthana

07/19/2020: The Heart Sutra