

# Dharma4u

Fo Guang Shan He Hua Temple

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**Welcome!** This is the handbook for the course Dharma4u in the Fo Guang Shan He Hua Temple. Dharma4u is designed for the youth participating the BLIA YAD Holland leadership training, BLIA Members that supervise the main shrine and the tour guides in the temple. Participants who are interested in Buddhism may also join this course.

In the recent years, there has been a growing interest in Buddhism in the western society. Many people have certain perspectives on Buddhism. These perspectives are developed by cultural conditions, the media and our consumer products. Buddhist statues and images are found everywhere, - in a shopping mall, in coffee shops or at a public toilet. Elements of Buddhist teachings are even found in products and services.

Dharma4u is a course that gives you the environment to understand Buddhism and tackle old and incorrect views on Buddhism. Its purpose is to discover the true intentions of Shakyamuni Buddha. The founder of Fo Guang Shan, Master Hsing Yun believes in education. He believes that Buddhism is created for the younger generation and not just for the elder or the monastics. This course gives you the opportunity to understand, express, experience and cultivate.

The objectives for this course are:

- Understanding of Humanistic Buddhism and culture
- Expression of Buddhist philosophy and culture
- Experiencing the Buddhist culture
- Cultivating Buddhist principles in modern life

### **The Final Essay and Knowledge test**

In order to increase the understanding and train the expression of Humanistic Buddhism, we kindly request students to deliver a final essay and express during upcoming lessons. Finally, the student will make a test to measure the level of understanding.

#### *Final essay*

- 1) What was your biggest discovery during the course of Dharma4u and how did this affect you?
- 2) Which part of Buddhism can contribute to society and why?

Essay contains at least 800 words.

### **Tools and communication**

During the course, we will make use of Google as a platform to share all relevant documents. Using Google Drive would be recommended during the course. The communication will go by e-mail and WhatsApp messenger. Documents that will be used are word, pdf and ppt formats. Occasionally, online streaming videos will be used to support the class topics.

### **References**

The course will make use of books and essays of Master Hsing Yun and also a selection of Buddhist sutras. Most of the booklets are to be found in the google doc section and are also available in the He Hua Temple:

Core teachings, by Master Hsing Yun

Booklets by Master Hsing Yun:

- The Great Buddha
- The Fundamentals of Humanistic Buddhism,
- The Four Noble Truths: The Essence of Buddhism.

<b>Course Outline</b>		<b>Date:</b>	<b>Time:</b>
<b>Lesson 1</b>	<b>Introduction into Humanistic Buddhism</b>	27th of May	13:00-16:00
	Introduction of the group		
	What are you going to expect?		
	What are you going to learn?		
	Introduction into Buddhism and Fo Guang Shan		
<b>Lesson 2</b>	<b>How to study Buddhism?</b>	Same day	
	What skills are required to study Buddhism?		
	What tools are available to study Buddhism?		
	How should the attitude be to study Buddhism		
<b>Lesson 3</b>	<b>The Four Noble Truths</b>	24th of June	13:00-16:00
	What are the four noble truths?		
	How does this relate to your own experience?		
	Why did the buddha explain these truths?		
	What is the essence of these teaching?		
<b>Lesson 4</b>	<b>Three Acts of Goodness</b>	to be announced	
	What is the importance of this abstract teaching?		
	How would you relate this to your own experience?		
	What is the relation between the three acts of goodness and the eightfold path?		
<b>Lesson 5</b>	<b>Dependent origination</b>	to be announced	
	What is cause and condition?		
	What are the four conditions pertinent to dependent origination?		
	How would this teaching be valuable to the understanding of Dharma?		
	What does this doctrine relate to existence?		
<b>Lesson 6</b>	<b>Morality and the Five Precepts</b>	to be announced	

	Why is morality important?		
	How do you observe the five precepts?		
	Are the five precepts enough to form basic Morality?		
	What are the monastic precepts?		
<b>Lesson 7</b>	<b>Emptiness</b>	to be announced	
	What is the meaning of emptiness?		
	What are the different understandings of emptiness?		
	How can you recognize emptiness?		
	How should the student describe emptiness?		
<b>Lesson 8</b>	<b>Path of the Bodhisattva</b>	to be announced	
	What is the bodhisattva?		
	How should one help the other?		
	What are the methods of helping?		
	Where is the limit of helping?		
	What are skillful means?		
	What are the vows?		
	What are the six paramitas?		
<b>Final Test</b>	Knowledge test	To be announced	