**Time Table 2013**

Jan 26 to Nov 02 (Saturdays)

Class Time: 2:30pm – 4:30pm

|  |  |  |  |
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| **Lesson****Number** | **LECTURE TOPICS & IN-CLASS ACTIVITIES** | **Session****Number** | **DATE** |
| 1 | a) Opening ceremonies b) Survey Pre-class c) Survey participation d) Classmates check-in BREAK e) What religion is best f) Vision and Mission g) Curriculum highlights h) Classmates check out  | L1 • 1/3L1 • 2/3L1 • 3/3 | Jan 26 |
| 2 | a) Survey participation / Classmates check-in b) Opening ceremonies c) Relaxation/presence exercise d) Holistic Health BREAK e) Curriculum highlights / student recruit f) Who was the Buddha  g) Classmates check out  | L2 • 1/3L2 • 2/3L2 • 3/3 | Feb 02 |
|  | *Chinese New Year’s Eve* | *No Class* | Feb 09 |
| 3 | 1. Opening/ Classmates check-in
2. Breathing/presence exercise
3. Learning Skills

BREAK 1. Metaphysics-I :How to open our minds
2. Closing / Classmates check out
 | L3 • 1/4L3 • 2/4 | Feb 16 |
| 3 | 1. Opening/ Classmates check-in
2. Presence / visualization exercise
3. Metaphysics –I : Macro/Micro View

 BREAK 1. Excerpts from Lankāvatāra-sūtra & Avatamsaka Sūtra, then and now
2. Closing / Classmates check out
 | L3 • 3/4L3 • 4/4 | Feb 23 |
| 4 | 1. Body/Mind visualization
2. Classmates check-in
3. Definition of Ego
4. Evolution of Self in Human

BREAK1. Formation of Self in Individual
2. Characteristic of Ego
3. Closing / Classmates check out
 | L4 • 1/5L4 • 2/5L4 • 3/5L4 • 4/5 | Mar 02 |
|  | 1. Body/Mind visualization of Impermanence
2. Inflation and Defence of Ego

BREAK c) Closing / Classmates check out  | L4 • 5/5 | Mar 09 |
|  | 1. Confirmation Lesson 1 -3
2. Vajra Prajna Paramita Sutra (Diamond Sutra) then and now
3. Closing / Classmates check out
 | R1-3 | Mar 16 |
|  | 1. Breathing exercise
2. Review of class assignment #1
3. Dr. Suzuki’s “Force of Nature – We are air”

BREAK1. Confirmation Lesson 4
2. Closing / Classmates check out
 | L4 | Mar 23 |
|  | *Easter Long Weekend* | *No Class* | Mar 30 |
|  | 1. Confirmation Lesson 4
2. Course evaluation
 | R4 E1 | Apr 6 |
| 5 | Metaphysics (2): Perception of reality and the meaning of life | L5 • 1/3L5 • 2/3L5 • 3/3 | Apr 13 Apr 20Apr 27 |
| 6 | Metaphysics (3): What is spirituality? Do Gods and ghosts exist? | L6 • 1/3 | May 4 |
| 6 | Metaphysics (3): What is spirituality? Do Gods and ghosts exist? | L6 • 2/3 | May 11 |
|  | *Victoria Day Long Weekend* | *No Class* | May 18  |
|  |  | *No Class* | May 25 |
| 6 | Metaphysics (3): What is spirituality? Do Gods and ghosts exist? | L6 • 3/3 | Jun 01 |
|  | UNITY VESAK | *No Class* | Jun 08 |
| 7 | Metaphysics (4): Levels of awareness | L7 • 1/3 | Jun 13 |
| 7 | Metaphysics (4): Levels of awareness | L7 • 2/3 | Jun 22 |
|  | *Canada Day Long Weekend* | *No Class* | Jun 29 |
| 7 | Metaphysics (4): Levels of awareness | L7 • 3/3 | Jul 06 |
|  | Review (Lesson 5) & classmates discussions | L7 • 3/3 | Jul 13 |
|  | Review (Lesson 5) & classmates discussions | R5 | Jul 20 |
|  | Special Lecture series by Reverend Dr. Sumana Siri:Buddhism and Science, Science and Buddhism  | Special Class • 1/3Special Class • 2/3Special Class • 3/3 | Jul 27 (7:30-9:30)Jul 28 (3:00-5:00)Jul 29 (3:00-5:00) |
|  | *Civic Holiday Long Weekend* | *No Class* | Aug 03 |
|  | Confirmation (Lesson 6) & classmates discussions book report assignment | R6 | Aug 10 |
|  | Confirmation (Lesson 7) & classmates discussions | R7 | Aug 17 |
|  | Midterm Exam • 2 | Ex • 2 | Aug 24 |
|  | *Labour Day Long Weekend* | *No Class* | Aug 31 |
| 8 | Global Warming Realities & Root-cause AnalysisHappiness Index | L8 • 1/2L8 • 2/2 | Sept 07Sept 14 |
| 9 | Gratefulness Scales | L9 • 1/1 | Sept 21 |
| 10 | Spiritual Practice (Yogacara, Zen and Tantric) | L10• 1/1 | Sept 28 |
|  | Confirmation (Lesson 8) & classmates discussionsBook report due | R8-10 | Oct 5 |
|  | *Thanksgiving Long Weekend* | *No Class* | Oct 12 |
|  | Confirmation (Lesson 1-10) & classmates discussions | R1-10 | Oct 19 |
|  | Final ExamSurvey Post-class | Ex • Final | Oct 26 |
|  | Convocation |  | Nov 02 |