**Time Table 2013-14**

Sep 7, 2013 to Jun 2014 (Saturdays) at Pho-Hien Temple

Class Time: 2:30pm – 4:30pm

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| **Lesson****Number** | **LECTURE TOPICS& IN-CLASS ACTIVITIES** | **Session****Number** | **DATE** |
| 1 | a) Opening ceremonies (10 min)b) Survey Pre-class (rc 10min)c) Survey participation (30 min)d) Classmates check-in (10 min) BREAK (10 min)e) What religion is best (cn &mn10min)f) Vision and Mission (rc 15min)g) Classmates check out (10 min) | L1 • 1/3L1 • 2/3L1 • 3/3 | Sept 7 |
| 2 | a) Holistic Health (jc 20 min)b) Near death experiences video (cl 20 min) BREAK (10 min)c) Classmates discussion on Enlightenment (rc 20 min)d) Classmates check out (5 min) | L2 • 1/2L2 • 2/2 | Sept 14 |
|  | *2nd Conference of the World Alliance of Buddhist Leaders for Cultural Exchange, Sri Lanka* | *No Class for 2 weeks* | Sep 21, 28 |
| 3 | Update re *2nd Conference of the World Alliance of Buddhist Leaders for Cultural Exchange, Sri Lanka* |  | Oct 5 |
| 4 | *Thanksgiving*  | *No class* | Oct 12 |
| 5 | 1. Classmates check-in (10 min)
2. Learning Skills (rc 30min)

 BREAK (10 min). 1. Metaphysics-I :How to open our minds (rc 1hr 10min)
2. Closing / Classmates check out (5 min)
 |  L3 • 1/2L3 • 2/2 | Oct 19 |
| 4 | 1. Metaphysics –I : Macro/Micro View( rc 50mins)

 BREAK (10 min)1. Excerpts from Lankāvatāra-sūtra&AvatamsakaSūtra, then and now (rc 45min)
2. Closing / Classmates check out (5 min)
 | L4 • 1/2L4 • 2/2 | Oct 26 |
| 5 | 1. Definition of Ego (rc10 min)
2. Evolution of Self in Human (rc20min)

 BREAK (10 min)1. Formation of Self in Individual(rc10 min)
2. Characteristic of Ego (rc 15 min)
3. Closing / Classmates check out (5 min)
 | L5 • 1/4L5 • 2/4L5 • 3/4L5 • 4/4 | Nov 2 |
| 6 | 1. Inflation and Defence of Ego (rc 1.5 hr)

 BREAK (15 min)b) Closing / Classmates check out (5 min) | L5 • 5/5 | Nov 9 |
| 7 | 1. Remembrance Day - no class
 |  | Nov 16 |
| 8 | 1. Metaphysics - The human brain tricks and Perception of reality
 | L6 •1/4 | Nov 23 |
| 9 | 1. Metaphysics – Perception of reality – How does perception work, mechanics of nervous systems, summary and generalization (rc 40min)

Break | L6 • 2/4 | Nov 30 |
| 10 | 1. Metaphysics – Perception of reality – Look can deceive . Application of proper perception, summary and generalization (rc)
 | L6 • 3/4 | Dec 7 |
| 11 | 1. Perception of Reality overture (rc )

 Break | L7 • 4/4 | Dec 14 |
|  | *Christmas break*  | *No class for 2 weeks* | *Dec 21/28* |
| 12 |   |  | Jan 4  |