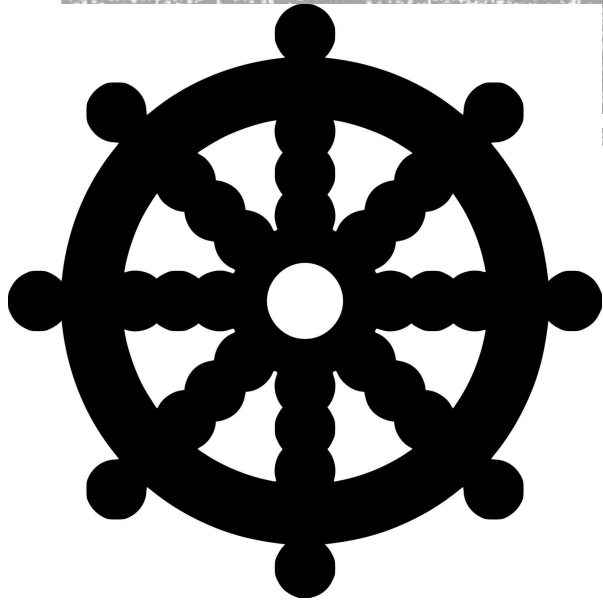


ANNOUNCEMENTS

November 7, 2017

Hickman Field Trip: The Venerable Champa
Lhunpo from the University of Kansas,



Guest speaker Friday!



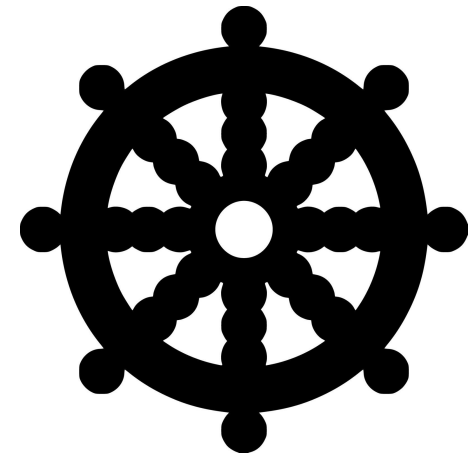
Agenda

1. 5-10 minute introduction of you, some aspects of your life journey, why you became a meditation teacher, how you classify yourself (not necessarily as a Buddhist, etc.) (About 10 min)
2. Guided meditation focusing on the breath (5 min)
3. Exercise with a partner (we will demonstrate, then do two rounds so partners can talk to each other) (6-8 minutes)
4. Debrief of exercise (5 min)
5. Guided meditation (maybe focus on the body or pay attention to thoughts) (5 min)
6. Q & A (40 min)



THE SERMON AT BENARES

- Benares is now called Varanasi, one of the holiest sites in Hinduism and Buddhism
 - <https://www.youtube.com/watch?v=IZQyygZIEtY>
- The city is on the banks of the Ganges River (Goddess Ganga), and holy cremations take place each day in the city
- Buddha is believed to have officially founded Buddhism in 528 BCE in Benares after giving his first sermon, “The Setting in Motion of the Wheel of Dharma”
- https://www.youtube.com/watch?v=B41ai3G1_PU



LEARNING TARGET

- Read, analyze, and critique the Buddha's first teaching, known as the Sermon at Benares, and argue for the against the pessimism of the First Noble Truth.
- Then, DEBATE!



THE BUDDHA ACHIEVED
ENLIGHTENMENT AT BODHI GAYA
UNDER A BO TREE (FIG TREE).



AS THE BUDDHA GREW UP A HINDU, SOME HINDU CONCEPTS ARE FOUND IN BUDDHISM.

- Samsara and reincarnation are mentioned in the Sermon at Benares
- Deities are mentioned, but as limited beings
- Karma is also found in Buddhism
- Maya, the illusion of the material world, is found
- Dharma takes on a new meaning; it is not caste duty, as in Hinduism, but refers to Buddhist teachings; today these are known as “Dharma Talks” in Buddhist Sanghas.



The Buddha gave his first sermon in a deer park.

He gave it to the ascetics with whom he had studied.

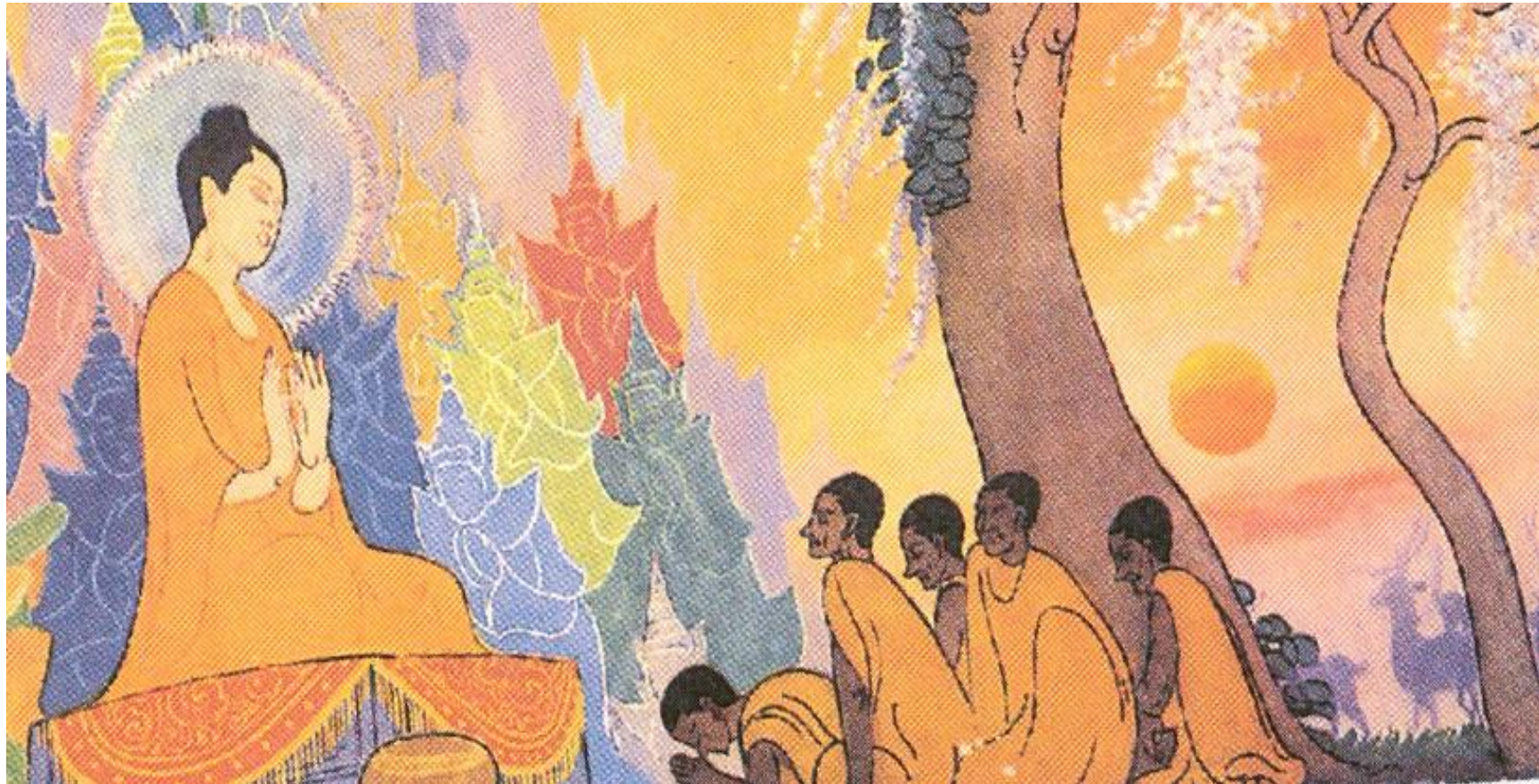
To commemorate this, in some Buddhist countries like Japan, they still keep deer parks.



Deer park in Nara, Japan.



THE BASIC PRINCIPLES OF BUDDHISM ARE OUTLINED IN THE SERMON AT BENARES







Disciple of
the Buddha



Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.

The Buddha

We will take these words to heart today





Text Preview:

- talking to men who become his first devotees
- they initially abandoned him after he began eating again
- after his solo enlightenment, he stumbles across his former followers. His new “glow” attracts their attention and they decide to hear what he says.
- The Sermon at Benares describes the four noble truths (life has suffering, suffering has a cause, suffering can end, the way to end pain is the eightfold path), and the eightfold path (see left)



Task:

You will do a critical reading of the Sermon at Benares

1. Number the paragraphs
2. Circle key terms, names of people/places/dates
3. Underline any key claims by the author (Buddha) or other essential information
4. Write notes in the margins: Questions for things that confuse you, things you like, things that remind you of something
5. Extend beyond the text answering this question: The first noble truth is a positive philosophy because...The first noble truth is a negative philosophy because...



Paragraph 3: The First Noble Truth

“Now this, monks, is the noble truth of pain: birth is painful, old age is painful, sickness is painful, death is painful, sorrow, lamentation, dejection, and despair are painful. Contact with unpleasant things is painful, not getting what one wishes is painful. In short, the five groups of grasping are painful.”
-The Buddha

Prompt: Is the First Noble Truth a pessimistic (negative) assessment of the human condition? Yes or No?

Look at the sticker on you and your partner's desks.
This will be your first argument position.



Structured Academic Controversy is a teaching approach that encourages students to take on and argue for BOTH sides of a controversial issue and ultimately come up with a balanced opinion about that issue.

Steps for SAC

1. **Prompt: The First Noble Truth is inherently pessimistic (negative). Yes or No?**
2. **Prepare YOUR side of the argument with your partner (YES or NO) 4 min**
3. 3 minute opening statement
4. 3 minute opening statement
5. 1 minute first rebuttal
6. 1 minute first rebuttal
7. 2 minute preparation to SWITCH argument
8. 2 minute opening statement
9. 2 minute opening statement
10. 45 second second rebuttal
11. 45 second second rebuttal
12. 3 minute Table Consensus Discussion
13. Table present to class.
14. Turn in Benares critical readings.



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Steps for SAC

1. Prompt: The First Noble Truth is inherently pessimistic (negative). Yes or No?
2. Prepare YOUR side of the argument with your partner (YES or NO) 4 min
3. **3 minute YES opening statement**
4. 3 minute opening statement
5. 1 minute rebuttal
6. 1 minute rebuttal
7. 2 minute preparation to SWITCH sides
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Steps for SAC

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2. Prepare YOUR side of the argument with your partner (YES or NO) 4 min
3. 3 minute opening statement
4. **3 minute NO opening statement**
5. 1 minute rebuttal
6. 1 minute rebuttal
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13. Table present to class.
14. **Turn in Benares critical readings:** Look up and define two vocab words at the end of your reading



Send me more questions for Terry about the Four Noble Truths and the Eightfold Path

Agenda for Friday:

- 1.



The Buddha taught for 45 years.

All created things must pass. Strive on, diligently.

The Death of the Buddha

<https://www.youtube.com/watch?v=s4uQyG6OZUQ>

