

INTEGRATED DHARMA PROGRAM

2017-2018 SCHEDULE

The program can now be taken in any order and at any pace. However there are compelling benefits to going through the courses at the rate originally intended—one unit each week.

For those who wish to engage the material of the course slowly and systematically, and for those who intend to work with others, here is the recommended schedule for the year. It is based on the lunar schedule, with each unit transition being at the point when the moon in each of its four phases is directly over Bodhgaya, India, the place of the Buddha's awakening.

Why use the lunar calendar? In the Buddha's day everything revolved around the phases of the moon. It is a useful and reliable timekeeper to use, and has the added benefit of being universal—it is independent of all other business, national, and religious calendars. Participants will get used to looking up in the sky at night and knowing exactly where we are in the program.

| Part I: Living with Integrity | | | <i>SĪLA</i> |
|-------------------------------|-----------------|---------------|--------------------------------------|
| VIDEO 1.1 | New Moon | Sep 20 | Introduction; Preview 1.1-1.4 |
| Unit 1.1 | New Moon | Sep 20 | Engaging |
| Unit 1.2 | Waxing | Sep 27 | Making Progress |
| Unit 1.3 | Full Moon | Oct 5 | Generosity |
| Unit 1.4 | Waning | Oct 12 | Ways of Giving |
| VIDEO 1.2 | New Moon | Oct 19 | Check in; Preview 1.5-1.8 |
| Unit 1.5 | New Moon | Oct 19 | Speaking Carefully |
| Unit 1.6 | Waxing | Oct 27 | Praise & Blame |
| Unit 1.7 | Full Moon | Nov 4 | Acting Carefully |
| Unit 1.8 | Waning | Nov 10 | Sexuality & Intoxication |
| VIDEO 1.3 | New Moon | Nov 18 | Check in; Preview 1.9-1.12 |
| Unit 1.9 | New Moon | Nov 18 | Living Carefully |
| Unit 1.10 | Waxing | Nov 26 | Contentment |
| Unit 1.11 | Full Moon | Dec 3 | Healthy & Unhealthy States |
| Unit 1.12 | Waning | Dec 10 | Shaping the Mind |
| VIDEO 1.4 | New Moon | Dec 18 | Check in; Preview 1.13-1.16 |
| Unit 1.13 | New Moon | Dec 18 | Effort |
| Unit 1.14 | Waxing | Dec 26 | The Power of Intention |
| Unit 1.15 | Full Moon | Jan 1 | Guidelines for Living |
| Unit 1.16 | Waning | Jan 8 | A Discourse on Blessings |
| VIDEO 1.5: | | Jan 8 | Summary & Conclusion |

Part 2: Developing the Mind*SAMĀDHI*

| | | | |
|------------------|-----------------|---------------|--------------------------------------|
| VIDEO 2.1 | New Moon | Jan 16 | Introduction; Preview 2.1-2.4 |
| Unit 2.1 | New Moon | Jan 16 | What is Meditation? |
| Unit 2.2 | Waxing | Jan 24 | Directed and Undirected |
| Unit 2.3 | Full Moon | Jan 31 | Establishing Mindfulness |
| Unit 2.4 | Waning | Jan 7 | Mindfulness of Body |
| VIDEO 2.2 | New Moon | Feb 15 | Check in; Preview 2.5-2.8 |
| Unit 2.5 | New Moon | Feb 15 | Mindfulness of Feeling |
| Unit 2.6 | Waxing | Feb 23 | Mindfulness of Mind |
| Unit 2.7 | Full Moon | Mar 1 | Mindfulness of States-1 |
| Unit 2.8 | Waning | Mar 9 | Mindfulness of States-2 |
| VIDEO 2.3 | New Moon | Mar 17 | Check in; Preview 2.9-2.12 |
| Unit 2.9 | New Moon | Mar 17 | Jhanas 1 & 2 |
| Unit 2.10 | Waxing | Mar 24 | Jhanas 3 & 4 |
| Unit 2.11 | Full Moon | Mar 31 | The Brahmavihāras |
| Unit 2.12 | Waning | Apr 8 | Lovingkindness & Compassion |
| VIDEO 2.4 | New Moon | Apr 15 | Check in; Preview 2.13-2.16 |
| Unit 2.13 | New Moon | Apr 15 | Gladness & Equanimity |
| Unit 2.14 | Waxing | Apr 22 | Skillful Effort |
| Unit 2.15 | Full Moon | Apr 29 | Working with mental states |
| Unit 2.16 | Waning | May 7 | A Discourse on Lovingkindness |
| VIDEO 2.5 | | May 7 | Summary & Conclusion |

Part 3: Wisdom*PAÑÑĀ*

| | | | |
|------------------|-----------------|---------------|--------------------------------------|
| VIDEO 3.1 | New Moon | May 15 | Introduction; Preview 3.1-3.4 |
| Unit 3.1 | New Moon | May 15 | Wisdom |
| Unit 3.2 | Waxing | May 21 | Right View |
| Unit 3.3 | Full Moon | May 29 | Obsessions & Distortions |
| Unit 3.4 | Waning | Jun 6 | Mind in Flux |
| VIDEO 3.2 | New Moon | Jun 13 | Check in; Preview 3.5-3.8 |
| Unit 3.5 | New Moon | Jun 13 | Insight |
| Unit 3.6 | Waxing | Jun 20 | Responding to Experience |
| Unit 3.7 | Full Moon | Jun 28 | Noble Truths |
| Unit 3.8 | Waning | Jul 6 | Non-Attachment |

| | | | |
|------------------|-----------------|---------------|------------------------------------|
| VIDEO 3.3 | New Moon | Jul 12 | Check in; Preview 3.9-3.12 |
| Unit 3.9 | New Moon | Jul 12 | Dependent Origination |
| Unit 3.10 | Waxing | Jul 19 | Conditionality |
| Unit 3.11 | Full Moon | Jul 27 | Non-Self |
| Unit 3.12 | Waning | Aug 4 | Illusions of Self |
| VIDEO 3.4 | New Moon | Aug 11 | Check in; Preview 3.13-3.16 |
| Unit 3.13 | New Moon | Aug 11 | Metaphors |
| Unit 3.14 | Waxing | Aug 18 | Disenchantment |
| Unit 3.15 | Full Moon | Aug 26 | Understanding Awakening |
| Unit 3.16 | Waning | Sep 2 | Last Words |
| VIDEO 3.5 | | Sep 2 | Summary & Conclusion |