

THE SCHOOL OF THE WISDOM
Theosophical Society – Adyar, India.

Course title: **To keep on Being**

Facilitator: Venerable Olande Ananda.

Duration: Three months - April, May, June 2022 – One hour each class.

Time: 5 PM IST

Dates: Every Friday

April: Fridays 1,8,15,22,29.

May: Fridays 6,13,20,27

June: Fridays 3, 10, 17, 24.

This course will give a theoretical and practical introduction to meditation, by mainly focusing on mindfulness, loving kindness and compassion. There will be enough space for questions and discussions.

Recommended study material

The Experience of Insight by Joseph Goldstein

https://www.bps.lk/olib/bp/bp520s_Goldstein_Experience-of-Insight.pdf

The Heart of Buddhist Meditation by Nyanaponika

https://tereless.hu/keletkultinfo/the_heart_of_buddhist_meditation.pdf

Letting Go of Expectations & Craving by Joseph Goldstein

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

Factors of Awakening: Mindfulness by Joseph Goldstein

<https://www.youtube.com/watch?v=PKfh6VJeFno>

Mindfulness - Thich Nhat Hanh

<https://www.youtube.com/watch?v=FDhn7e8MCWI>

The True Meaning Of Mindfulness | Eckhart Talks With Jack Kornfield

<https://www.youtube.com/watch?v=vkWhUx-NWKY>

Start meditation not knowing | J. Krishnamurti

<https://www.youtube.com/watch?v=8QeVG4SMha8>

What is the difference between insight and enlightenment? | J. Krishnamurti

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

On the difference between observing and thinking about oneself | J.

Krishnamurti

<https://www.youtube.com/watch?v=kswDO60A3h8>

Buddha Net, one of the best websites on Buddhism www.buddhanet.net