



Buddhist Life / Buddhist Path

in person and via Zoom

12 weeks 2/14 – 5/1/2024 Wednesdays 7:00 – 8:30pm Central (Chicago) Time
with Bhikkhu Cintita

Sitagu Dhamma Vihāra, Chisago City, MN USA, email BC to register and for Zoom link.

This course is based on the earliest stratum of Buddhist texts interpreted for the modern student. These astonishingly profound and coherent teachings of the Buddha span not only the higher training of meditation, psychology and the path to awakening, but also practical advice on virtue, harmony, community and basic human values. There are no prerequisites and no cost.

Useful Links:

Class home page: <http://sitagu.org/cintita/lifepath/> (materials, announcements)

Sitagu Dhamma Vihara: <http://www.sitagu.org/mn/> (our venue)

Bhante C's Web site: <https://bhikkhucintita.wordpress.com/>

Bhante C's email: bhikkhu.cintita@gmail.com

Text:

Buddhist Life / Buddhist Path: foundations of Buddhism based on earliest sources, by Bhikkhu Cintita. Available in hard copy, or by download as PDF from class home page.

