Buddhism In Prisons Canada

Course Offering:
Introduction to Buddhism

STUDENT INFORMATION FOR COURSE ENROLMENT
(Personal information is for the sole purpose of the administration of the certificate course, and will be kept in confidence.)

Last Name: _____ **First Name**: _____
Name of Institution: _____
Name of Institution Chaplain: _____
Institution Mailing Address: _____
Province: _____ **Postal Code**:_____**Date**: _____

Please complete this study guide and mail it to:
Buddhism In Prisons Canada, P.O. Box 1048, Stratford PO Main ON N5A 6W4

Our volunteers will review your answers and reflections and will send you feedback and a **Certificate of Completion** for the course.

Address for us to mail the Certificate of Completion to if different from the Institution address:
_____
Province:_____ Postal Code: _____

STUDY GUIDE FOR THE BOOK
The Inner Path, An Introduction to Buddhist Practice for Those in Prison

PART ONE

1. On page 18, the author explains three types of suffering. What are they? Can you give examples of how you or people you know experience the first two types of suffering in daily life?

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2. The Buddha uses the word dukkha, which is translated as suffering or unsatisfactoriness in English. He says, "Birth is dukkha, aging is dukkha, death is dukkha; sorrow, lamentation, pain, grief, & despair are dukkha; association with the unbeloved is dukkha; separation from the loved is dukkha; not getting what is wanted is dukkha. In short, the five clinging-aggregates are

dukkha." After reading pages 9-11, please share how you understand dukkha can end.

3. How do speech and actions produce karma? What is the primary factor that shapes the karma produced by our speech and actions?

4. How is Right Livelihood understood in Buddhism? What kinds of work does the author recommend after release, and how do you feel about these suggestions?

5. How can we transform our karma? Can you give an example to explain your understanding?

6. What are the Three Marks of Existence? How does the first mark relate to the experience of dukkha (unsatisfactoriness)?

7. How do you understand taking refuge in the Three Jewels? Do you feel inclined to take refuge? Why?

8. What are the Five Obstacles and their antidotes?

9. How are you affected by others' opinions? What guidance does the author give on handling judgment?

10. In the chapter 'Sit in the Fire,' what does the author suggest we do when we experience pain? In what ways, if any, does this approach resonate with your own experience?

11. In the chapter ‘How to Meditate – More Experienced,’ meditation is described as more than just the search for inner peace. What else does it involve?

12. After reading the whole book, why do you think it is called *The Inner Path*? In what ways does it help deepen your understanding of yourself?

13. Which chapter resonates with you the most, and how does it speak to you?

14. Please feel free to ask questions about Buddhism that have come to your mind after reading the book. Our volunteers will respond to you.

PART 2 - ASSIGNMENT

After practising both beginner and more advanced meditation, try the kindness meditation described in The Practice of Metta (pages 88-90), which means loving-kindness. Please share your experience.