

<Please see LATEST changes in blue for Metta and Sutta classes>

COURSE SCHEDULE 1:

SUTTA DISCUSSIONS conducted by Sayadaw U Sejjanalankara:

Session	Date & Time	Topics / Synopsis / Reference
1	19 Oct (Mon), 7.30-9.30 pm	The Eight Gradual Super-knowledges of the Buddha's Adhiva Nanadassana Synopsis: This discourse is a very inspiring experience narrated by the Lord Buddha on his long and arduous spiritual journey full of challenges and mysteries that keeps baffling to human mind. This discourse by itself is an amazing testament to gradual development of human consciousness through spiritual training and discipline.
2	23 Oct (Fri), 7.30-9.30 pm	
3	24 Oct (Sat), 3-5 pm	Six Unique Super-Knowledges of Buddha (Reference: Pati-sambhida Pali and its commentary text, the first chapter detailing 73 knowledges. This text belongs to Suttanta Pitaka, Khuddaka Nikaya.) Synopsis: It will highlight how Buddha accomplished so much in teaching and leading countless beings to enlightenment and freedom during his forty-five years. Sayadaw will explain the important role and powerful influence these six super-knowledges played in his compassionate mission of saving beings from suffering in Samsara The six super-knowledges are: (1)Indriya-paropariyatti Nāñā (2) Āsayānusaya Nāñā, (3) Yamaka-pātihariya Nāñā (4) Mahā-karunā-samāpatti Nāñā, (5) Sabbaññuta Nāñā (6) Anāvarana Nāñā
4	26 Oct (Mon), 7.30-9.30 pm	
5	30 Oct (Fri), 7.30-9.30 pm	
6	31 Oct (Sat), 3-5 pm	The Eighteen Special Phenomenal Characters of Buddha (Reference: Sanghiti Sutta and commentary, Pāhtika Vagga Pāli, Dighanikāya Pāli Texts.) Synopsis: This topic will inspire us by learning Buddha's unique manners and conduct which anyone can choose to be one's own role model by emulating some very simple, yet easy to follow conducts. We can also feel or sense the way Buddha used to be in his daily activities, the way he copes with everyday chores and how he can maintain peace and de-stress himself.
7	2 Nov (Mon), 7.30-9.30 pm	Loka Sutta (Ref: Anguttaranikāya Pali Text, Uruvela Vagga, the 3rd Sutta) Synopsis: This Sutta itself is a sort of self-confession and a factual statement made by Lord Buddha. Learning this discourse will orient you on how Buddha, our holy teacher, perceives and understands the world and how he led us to convince of spiritual path of His Enlightenment He had walked. Loka-dhamma Sutta The Way of Life and The Nature of World. (Ref: Dutiya Loka-dhamma Sutta, Anguttaranikāya Pāli Texts, III) Synopsis: Nobody can escape the vicissitudes of life. This Sutta is an outline of action for all of us in developing the right attitudes and wisdom to face life from the perspective of reality and acceptance. Learning Buddha's no-nonsense realistic approach will enable you to live through all whirlwinds of life. It will also broaden your understanding of Dhamma in its broader depth and scope of applicability. The Sutta will highlight the inherent nature of life along with its uncompromising limitations which frequently runs counter to our human wishes and expectations. You will learn to live life not on your own terms and conditions, but on the strength of wisdom.
8	6 Nov (Fri), 7.30-9.30 pm	
9	9 Nov (Mon), 7.30-9.30 pm	Patta-Kamma Sutta - Four things the most wished-for in life. (Ref: Anguttaranikāya Pāli Texts) Synopsis: Life, if viewed from perspective of everyday reality, is not complete without achieving a decent status in the society. There are indeed quite a number of factors leading to achieve that necessary status. Everyone has to struggle to make life a real fulfillment of one's dreams. How to make life either a partial fulfillment or a complete one is that which concerns us all the time. Here in this discourse with social themes, you will learn some moral and spiritual elements that are required to make life a possible fulfillment, if not a perfect one though. This discourse is a presentation of life seen through a multiple-perspective.

Note: All the topics shown together are not fixed. If a topic is not finished on the dates shown, it will be completed on the next date subsequent to it. Our Dhamma-friends, all brothers and sisters are encouraged to attend and participate in this Sutta discussion held at SMC premises with an open heart and a questioning mind to explore more of Buddha's teaching made available through such a scholarly person with a vast knowledge of Buddhist texts.

The references of Buddhist scripture pitaka text are listed so that our brothers and sisters can trace and study. Most are still in original Pali language texts although some might have English translations published by London Pali Text Society.

Session	Date & Time	Topics / Synopsis / Reference
10	13 Nov (Fri), 7.30-9.30 pm	Abhaya Sutta (Ref:Anguttaranikāya Pāli Texts,Vol:I) The kind of people who are fearful of death and who are not afraid of death. This discourse explains what we can do and should do to face eventuality of life in a serene manner.
11	16 Nov (Mon), 7.30-9.30 pm	Mahāpurisa Sutta (Ref:Anguttaranikāya Pāli Texts,Vol:I) The great wise man from the perspective of ancient Indian society and from the perspective of Dhamma.
12	20 Nov (Fri), 7.30-9.30 pm	Paca-Pubbanimitta Sutta - The Five Signs of Imminent Death in Heaven and suggested voice of advice by angels. (Ref: Kuddhakanikāya Pāli Texts) Synopsis:We human beings all seems to have no contact with divine. The Sutta will highlight how those beings in metaphysical realm face death and what are their wishes when they are about to come back to human rebirth.
13	23 Nov (Mon), 7.30-9.30 pm	Satta-dhamma Sutta - Is Spiritual Goal achievable in life? (Ref: Abyākata Vagga,Anguttaranikāya Pāli Texts,III) The Factors that can lead to the attainment of Spiritual goal. Synopsis:The spiritual development and training is a multi-disciplinary action which involves a lot of sustained physical and mental effort along with moral precepts. This discourse is a brief but simple explanation of essential principles that are needed in the process of mental training to achieve spiritual goals.You will learn these simple steps on the path of peace and freedom to make spiritual goal achievable and accessible in this very life.
14	28 Nov (Sat), 7pm	Dutiya Bala Sutta - The Strengths of Enlightened Arahanta Saints (Ref: Anguttaranikāya Pāli Texts,III) Synopsis: The Arahantahood is perfect ideal and highest state of Enlightenment culminated in the spiritual path after successfully eradicating all defilements and mental impurities.It is not a temporary mental awakening based on mere intellectual speculation and extreme logic. You will learn in this discourse about a powerful make-up of the mind and nature of people who have achieved the highest strata of mental progress.
15	5 Dec (Sat), 7 pm	Ariyāvāsa Sutta - The Way of Enlightened Saints (Ref: Anguttaranikāya Pāli Texts,III) Synopsis: Many teachers have tried to explain the way Enlightened saints lived their life. This discourse throws an illuminating explanatory light on the ways and modes of life Enlightened beings live. Buddha, being narrator of the discourse, simply tells how life is like after one attains perfect Enlightenment. It is also a frame-work which we can also pattern our lives although we are still travelling on the path of spiritual awakening.
16	12 Dec (Sat), 7 pm	
-	-	Anupubba-vihāra Samāpatti Sutta The Nine Gradual Living Modes in Advanced States of Pure Consciousness (Ref: Mahā vagga, Anguttaranikāya Pāli Texts,III) Synopsis: A wonderful yet fascinating gradual mode of living in advanced pure state of consciousness by those who have made it out to achieve that far. Although it may seem like perfect mental states still inaccessible to all of us. Yet, we can hope and strive for it and attain these stages of peace and purity.

Note: All the topics shown together are not fixed. If a topic is not finished on the dates shown, it will be completed on the next date subsequent to it. Our Dhamma-friends, all brothers and sisters are encouraged to attend and participate in this Sutta discussion held at SMC premises with an open heart and a questioning mind to explore more of Buddha's teaching made available through such a scholarly person with a vast knowledge of Buddhist texts.

The references of Buddhist scripture pitaka text are listed so that our brothers and sisters can trace and study. Most are still in original Pali language texts although some might have English translations published by London Pali Text Society.

COURSE SCHEDULE 2:**GUIDED METTA MEDITATION SESSIONS cum DISCOURSES
conducted by Sayadaw U Sejjanalankara:**

Session	Date & Time	Topics
1	22 Oct (Thurs), 7.30-9.30 pm	<ul style="list-style-type: none"> ▪ The Spirit of Metta & Introductory Discourse ▪ Metta as a Spiritual Path ▪ Preliminary for Development of Metta Spirit ▪ Nurturing and Developing the Metta Spirit on a Personal Level & Witnessing it as a Wholesome Spiritual Force ▪ Practical Transmission of Metta Spirit ▪ The 11 Benefits of Metta as described by the Buddha (Metta Sutta) ▪ Metta as a Complimentary Practice leading to Nibbana ▪ Metta as a Foundation of Four Modes of Holy Living (Sanhitta Sutta) ▪ Metta as a way to Heaven ▪ Metta as a Social Path for Peace, Harmony & Progress (Saraniya Sutta) ▪ Uniqueness of Metta as said by the Buddha (Velama Sutta)
2	24 Oct (Sat), 7-9 pm	
3	29 Oct (Thurs), 7.30-9.30 pm	
4	31 Oct (Sat), 7-9 pm	
5	5 Nov (Thurs), 7.30-9.30 pm	
6	7 Nov (Sat), 7-9 pm	
7	12 Nov (Thurs), 7.30-9.30 pm	
8	14 Nov (Sat), 7-9 pm	
9	19 Nov (Thurs), 7.30-9.30 pm	
10	21 Nov (Sat), 7-9 pm	
11	26 Nov (Thurs), 7.30-9.30 pm	
-	28 Nov (Sat), 7-9 pm	
12	3 Dec (Thurs), 7.30-9.30 pm	
-	5 Dec (Sat), 7-9 pm	
13	10 Dec (Thurs), 7.30-9.30 pm	
-	12 Dec (Sat), 7-9 pm	
14	17 Dec (Thurs), 7.30-9.30 pm	

Note: All the topics shown together are not fixed. If a topic is not finished on the dates shown, it will be completed on the next date subsequent to it. Our Dhamma-friends, all brothers and sisters are encouraged to attend and participate in this Sutta discussion held at SMC premises with an open heart and a questioning mind to explore more of Buddha's teaching made available through such a scholarly person with a vast knowledge of Buddhist texts.

The references of Buddhist scripture pitaka text are listed so that our brothers and sisters can trace and study. Most are still in original Pali language texts although some might have English translations published by London Pali Text Society.