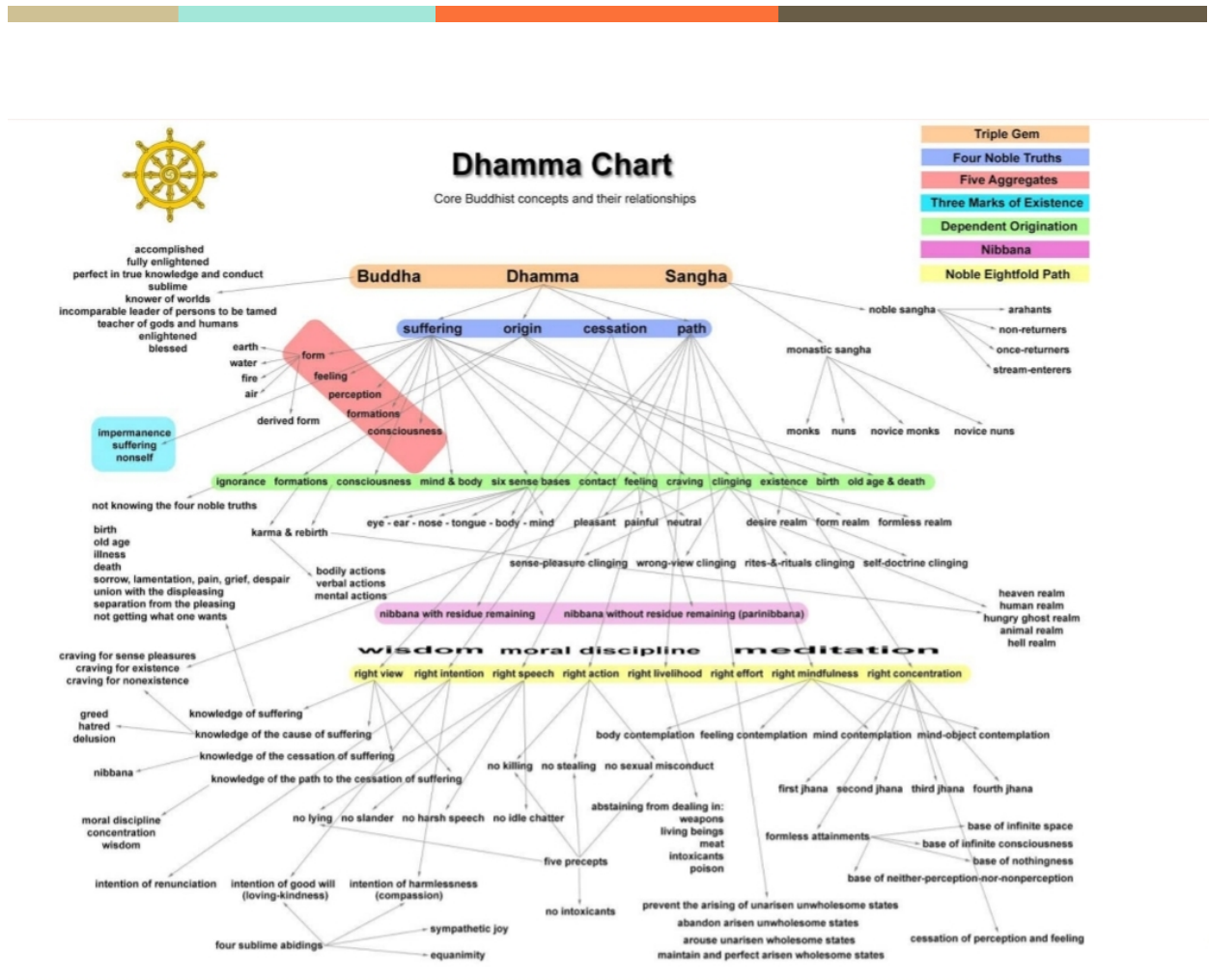




Curriculum for Dhamma instructor

Instructed by Ayya Kosalla, Bhikkhuni

<https://brahma-viharas.org>

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Brahma Vihara Foundation
California, USA

Our Vision

- Through the entire Pali Tripitaka (3 baskets), we guide you through the three theoretical academic studies of Buddhism, both ascetic understanding and practical practice.
- We focus on Satipatthana, the Buddha's method of enlightenment.
- Instructions are provided to apply the Buddhist practice methods of Samatha meditation and Vipassana meditation to each individual practitioner.
- Preparing for leadership courses that enable you to not only perform personally but also guide others.

I hope that many Dhamma leaders will be born who correctly understand the Buddha's teachings, Dhamma, and practice them in their lives. (It is a system for practice, not any legal procedure or formal educational organization.)

Since the value of Buddha's teachings cannot be measured by anything in the world, all meditation guidance, counseling, and education are provided free of charge and depend only on voluntary giving.

I hope that everyone will be peaceful and happy by practicing the four guidelines of the Brahma mind in their lives.

With Metta,

Bhikkhuni, Ayya Kosalla (President of Brahma Vihara Foundation)

Mission

1. To develop Brahma Viharas Citta and heading to Nibbana
2. To be born as a Dhamma leader who correctly understands the Buddha's teachings, Dhamma, and practices them in their lives.
3. To share merit and be beneficial to the society

Brahma Vihara Mind (Citta)

Brahma-viharas are a set of four Buddhist virtues and meditation practices that cultivate them. They are also known as the **four immeasurables** or **four infinite minds**. The four virtues are:

1. **Loving-kindness** or **benevolence (mettā)**: the practice of wishing happiness and well-being to all beings, without exception.
2. **Compassion (karuṇā)**: the practice of feeling empathy and concern for the suffering of others, and taking action to alleviate it.
3. **Empathetic joy (muditā)**: the practice of rejoicing in the happiness and success of others, without envy or jealousy.
4. **Equanimity (upekkhā)**: the practice of maintaining a balanced and impartial mind, free from attachment and aversion, towards all beings.

According to the **Metta Sutta**, cultivation of the four immeasurables has the power to cause the practitioner to be into a "Brahma realm".

Curriculum

- I. **Pariyatti**
Theoretical understanding of Dhamma obtained through reading, study, and learning.
- II. **Patipatti**
The practice of Dhamma, as opposed to mere theoretical knowledge
- III. **Pativedha**
Direct, first-hand realization of the Dhamma.

Progression

1. The curriculum is tailored to each individual.
2. You must be able to verbally explain your understanding of each topic.
3. You must first master the theory and then be able to guide Buddhist meditation practices.
4. To guide others and help them live their lives through the Dharma, you must first deepen your own practice. As you guide others, your own practice will also deepen.

Certificate of Dhamma Instructor

If you are well-versed in Dhamma theory, have pure precepts, and can smoothly guide others, you will be issued a Certificate of Dhamma Instructor by Bhikkhuni, Ayya Kosalla, a Dhamma Teacher of the Brahma Vihara Foundation.

Your name will be on the website of Brahma Vihara Foundation.

Pariyatti

1. Definition of Buddhism
2. Three Jewels
3. Three Studies
4. Three Characteristics
5. 12 Dependent Origination
6. Four Noble Truths
7. Eightfold Path
8. Two Methods of Buddha's Meditation
9. 31 Worldviews
10. 5 aggregates and Nibbana
11. 37 Bodhipakkhiyā (enlightenment factors)
12. Brahma-viharas citta

Patipatti

1. Samatha Meditation
2. Vipassana Meditation
3. Satipatthana (four foundation of mindfulness)
4. Guided Meditation 10 min / 20 min / 30 min / 1 hr
5. Brahma-viharas are a set of four Buddhist virtues and meditation practices that cultivate them.
6. Meditation in Everyday Life

Pativedha

Understanding and Reflecting on Life with Paññatti & Parāmaṭṭha

- Paññatti: It refers to concepts that are expressed in a non-ultimate sense, understanding the distinction between conventional designations and ultimate reality.
- Parāmaṭṭha: It refers to the four ultimate realities.
 - a. consciousness (citta),
 - b. mental factors (cetasika),
 - c. material form (rupa),
 - d. Nirvana (nibbana).

These represent the true nature of existence, distinct from conventional or commonly accepted truths (vohāra-sacca). Understanding these paramattha dhammas is key to achieving insight and wisdom within Buddhist philosophy.