



The Way of The Buddha

Core Teachings of the Dharma Path

Presented by Insight Meditation Society

EBook: Reflection Journal for The Way of the Buddha Course

Welcome to the Way of the Buddha: Core Teachings of the Dharma Path yearlong study and practice course.

Whether you will be attending for a month, some months, or the entire year, we are offering this Reflection Journal to support your studies and contemplations on the content and practices during these 12 modules. You will find weekly questions to encourage and support introspection, self-observation, deepening awareness, and integration.

This journal is a guide to move you towards clarity and understanding in the monthly content areas being offered. We invite you to have fun with this—letting it be an easeful adjunct for your study and cultivation of relationship with the Dharma!





Module 1

February 1st

One Dharma

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **One Dharma**?



Module 2

February 4th – 25th

Feb. 4th: The Two Aspects of Truth (Relative and Absolute)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Two Aspects of Truth**?

Feb. 11th: The Three Personality Types (Greedy, Aversive, Deluded)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Three Personality Types**?

Feb. 18th: The Three Characteristics (Impermanence, Non-self, Unsatisfactoriness)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Three Characteristics**?

Feb. 25th: Questions & Responses

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the questions and responses in tonight's session?



Module 3

March 4th – April 1st

Mar. 4th: The Three Jewels (Buddha, Dharma, Sangha)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Three Jewels**?

Mar. 11th: The Three Jewels (Buddha, Dharma, Sangha)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Three Jewels**?

Mar. 18th: Emptiness and Non-Self

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Emptiness and Non-Self**?

Mar. 25th: Emptiness and Non-Self

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections of **Emptiness and Non-Self**?

Apr. 1st: Emptiness & Non-Self

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections of **Emptiness and Non-Self**?



Module 4

April 6th – 27th

Apr. 6th: The Four Noble Truths

(the Truth of Suffering, the Truth of the Origin of Suffering, the Truth of the Cessation of Suffering, the Truth of the Way to the Cessation of Suffering)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Four Noble Truths**?

Apr. 13th: The Four Noble Truths

(the Truth of Suffering, the Truth of the Origin of Suffering, the Truth of the Cessation of Suffering, the Truth of the Way to the Cessation of Suffering)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Four Noble Truths**?

Apr. 20th: The Four Foundations of Mindfulness

(Body, Feelings, Mind, Dhammas)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Four Foundations of Mindfulness**?

Apr. 27th: The Four Foundations of Mindfulness

(Body, Feelings, Mind, Dhammas)

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Four Foundations of Mindfulness**?



Module 5

May 4th – 25th

May 4th: Metta (Loving Kindness)

What did you find most inspiring from tonight's session on the Four Immeasurables/Brahma Viharas?
What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Metta** (Loving Kindness)?

May 11th: Karuna (Compassion)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Metta** (Loving Kindness)?

May 18th: Mudita (Sympathetic Joy)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Mudita** (Sympathetic Joy)?

May 25th: Upekkha (Equanimity)

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Upekkha** (Equanimity)?



Module 6

June 1st – 29th

June 1st: The Five Hindrances to Meditation

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Five Hindrances to Meditation**? (i.e. which one is easiest for you to notice in your practice? Which is most difficult?)

June 8th: The Five Hindrances to Meditation

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Five Hindrances to Meditation**?

June 15th: The Five Spiritual Faculties

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Five Spiritual Faculties**?

June 22nd: The Five Spiritual Faculties

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Five Spiritual Faculties**?

June 29th: The Five Spiritual Faculties

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Five Spiritual Faculties**?



Module 7

July 6th – 27th

July 6th: The Five Precepts (overview & 1st)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Five Precepts** and **Precept #1** (To practice compassionate action—to refrain from harming any living, sentient beings)?

July 13th: The Five Precepts (2 & 3)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Precept #2** (to practice contentment—to refrain from taking what is not freely given. To not steal or 'borrow' without the consent of the giver; to accept what is offered and not try to change it or get more) and **Precept #3** (to practice responsibility in all our relationships—including refraining from misusing sexual energy)?

July 20th: The Five Precepts (4 & 5)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Precept #4** (to refrain from harmful speech—not to lie, gossip or use harsh or hurtful language toward self or others) and **Precept #5** (to care for ourselves—to refrain from clouding the mind and harming the body through the misuse of alcohol, drugs and other intoxicants)?

July 27th: Questions & Responses

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Five Precepts**?



Module 8

August 4th – September 1st

Aug. 4th: The Six Realms of Existence

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Six Realms of Existence**?

Aug. 11th: The Six Realms of Existence

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Six Realms of Existence**?

Aug. 18th: The Six Senses

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Six Senses**?

Aug. 25th: The Six Senses

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the **Six Senses**?

Sep. 1st: Questions and Responses

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the questions and responses in tonight's session?



Module 9

September 9th – 30th

Sep. 9th: Seven Factors of Awakening (overview & 1st)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the Seven Factors of Awakening and the factor of **Mindfulness**?

Sep. 16th: Seven Factors of Awakening (2nd & 3rd)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the factors of **Keen Investigation** and **Energy**?

Sep. 23rd: Seven Factors of Awakening (4th & 5th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the factors of **Rapture** and **Calm**?

Sep. 30th: Seven Factors of Awakening (6th & 7th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the factors of **Concentration** and **Equanimity**?



Module 10

October 6th – 27th

Oct. 6th: The Eight Fold Path (overview & 1st & 2nd)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on the overview of the Eight Fold Path, and specifically **Right View** and **Right Intention**?

Oct. 13th: The Eight-Fold Path (3rd & 4th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Right Speech** and **Right Action**?

Oct. 20th: The Eight-Fold Path (5th & 6th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Right Livelihood** and **Right Effort**?

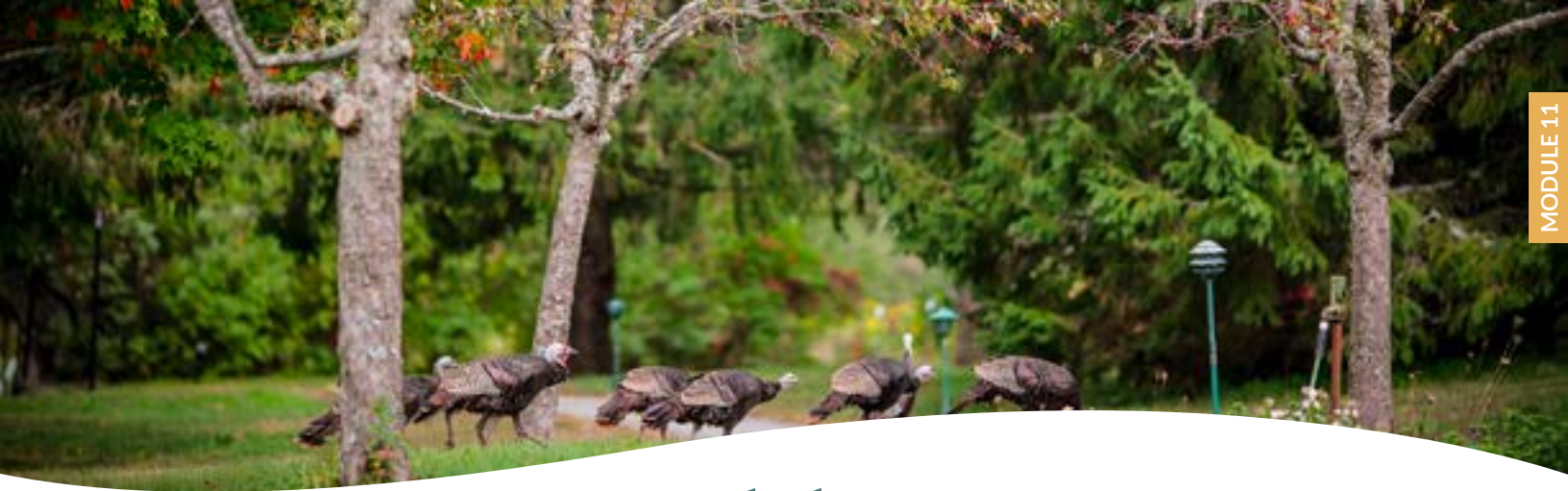
Oct. 27th: The Eight-Fold Path (7th & 8th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What awareness was gained from tonight's session?

What are your reflections on **Right Mindfulness** and **Right Concentration**?



Module 11

Ten Paramis Part 1

November 2nd – 30th

Nov. 2nd: The Ten Paramis (overview & 1st)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on the Ten Paramis and specifically **Generosity**?

What awareness was gained from tonight's session?

Nov. 9th: The Ten Paramis (2nd)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on **Morality/Virtue**?

What awareness was gained from tonight's session?

Nov. 16th: The Ten Paramis (3rd)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on **Renunciation**?

What awareness was gained from tonight's session?

Nov. 23rd: The Ten Paramis (4th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on **Insight/Discernment**?

What awareness was gained from tonight's session?

Nov. 30th: The Ten Paramis (5th)

What did you find most inspiring from tonight's Q&R session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on **Energy/Energetic Diligence**?

What awareness was gained from tonight's session?



Module 12

Ten Paramis Part 2

December 9th – 30th

Dec. 9th: The Ten Paramis (6th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on **Patience**?

What awareness was gained from tonight's session?

Dec. 16th: The Ten Paramis (7th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on **Truthfulness**?

What awareness was gained from tonight's session?

Dec. 23rd: The Ten Paramis (8th)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on **Resolution**?

What awareness was gained from tonight's session?

Dec. 30th: The Ten Paramis (9th & 10th and Course Closing)

What did you find most inspiring from tonight's session? What did you discover?

What did you find most challenging or difficult from tonight's session? What did you discover?

What are your reflections on **Loving Kindness and Equanimity**?

Which of the Ten Paramis do you resonate with most strongly with and which one do you have the most aversion to?

What awareness was gained from tonight's session?

Yearlong Course Reflections

Congratulations on completing the **Way of the Buddha: Core Teachings of the Dharma Path** yearlong study and practice course!

Whether you attended for select modules or the entire year, we hope this Reflection Journal has supported your studies and contemplations. May these teachings continue to support you in enhancing introspection, self-observation, deepening awareness, and integration.

“See for yourself! The Buddha’s teaching doesn’t require blind belief; it is realized through our own inquiry.”

— Joseph Goldstein

