

DHARMA TALK TOPICS

Please use this list as a resource when members volunteer to facilitate with the intention of continual learning of Thich Nhat Hanh's teachings and becoming more skillful meditators.

Four Noble Truths

The Noble Eightfold Path

Beginning Anew

Overview of the Six Paramitas—Generosity, Discipline, Patience, Energy, Concentration, Knowledge

Flower Garden Sutra [Avatamsaka—Interdependence & Enlightenment]

The Five Aggregates [Skandhas]

Five Hinderances

Metta - Loving Kindness

Karma / Cause / Effect - inter-are

The Three Jewels [Buddha, Dharma, Sangha]

Impermanence

Generosity / Dana in Everyday Life

Non-attachment from Views

True Love

Duality / Nonduality

The Four Pairs— Pain/Pleasure, Gain/Loss, Praise/Blame, Fame/Shame

Being Judicious Without Judgement

The Element of Intention

Global Ethics in Buddhism

The Discursive Mind Learning Skillful Ways to Deal with Our Stories, How to Weave New Stories

The Three Toxins Ignorance, Hatred, and Attachment

The Heart Sutra

Touching the Earth