

## Dharma Award: First Stage

### 1. Three Treasures: the framework for the award

#### 1.1. What is “Buddhism”?

##### 1.1.1. 仏教

###### 1.1.1.1. 仏の教え “The teaching of a Buddha”

###### 1.1.1.1.1. What is it?

###### 1.1.1.1.2. Name (“Buddhism”)

###### 1.1.1.2. 仏即教 “Buddha is the teaching”

###### 1.1.1.2.1. Content

###### 1.1.1.3. 成仏の教え “Teaching to become a Buddha”

###### 1.1.1.3.1. Goal

##### 1.1.2. Buddhism as:

###### 1.1.2.1. Buddha

###### 1.1.2.2. Dharma

###### 1.1.2.3. Sangha

##### 1.1.3. Three treasures

###### 1.1.3.1. Text

###### 1.1.3.1.1. Buddha: to understand the great path and give rise to the unsurpassed heart

###### 1.1.3.1.2. Dharma: enter the Dharma Storehouse and become like the ocean of wisdom

###### 1.1.3.1.3. Sangha: making the great assemblage unobstructable to all

### 2. Buddha

#### 2.1. *Relate the life of Shakyamuni Buddha and name about five principal events in his life*

##### 2.1.1. Birth [Buddha-Dharma, revised 2<sup>nd</sup> edition, Numata Center for Buddhist Translation and Research, 2003, Pp. 5-6]

##### 2.1.2. Marriage [p. 6]

##### 2.1.3. Renunciation

###### 2.1.3.1. The Four Gates [Pp. 7-9]

###### 2.1.3.2. Becoming a mendicant [Pp. 10-13]

##### 2.1.4. Ascetic Practices [Pp. 14-15]

##### 2.1.5. Enlightenment

###### 2.1.5.1. 49 days [Pp. 26-28]

##### 2.1.6. Dissemination of the Dharma

###### 2.1.6.1. Upaka [p. 29]

###### 2.1.6.2. The five mendicants [Pp. 30-32]

##### 2.1.7. Old Age and Death [Pp. 633-634]

#### 2.2. *Explain what is meant by Buddha*

##### 2.2.1. “budh”: to awake, know, perceive

##### 2.2.2. “bodhati”: is awake, observes, understands

##### 2.2.3. Amida Buddha

###### 2.2.3.1. Hozo Bosatsu

###### 2.2.3.2. Sanbutsu-ge

###### 2.2.3.3. 48 Vows

#### 2.2.3.4. Juseige

- 2.3. *Explain in your own words what Buddha means to you in your personal life*
  - 2.4. *Show that you have provided the necessary daily care of the shrine in your home for at least three months*
  - 2.5. *Demonstrate the correct method of shrine arrangement*
  - 2.6. *Show evidence of personal daily morning and evening meditation before the shrine*
  - 2.7. *Explain and demonstrate correct etiquette and procedures before the shrine, including gassho, use of meditation beads (juzu), incense burning, etc. and give the symbolic significance of each*
    - 2.7.1. bowing
    - 2.7.2. entering
    - 2.7.3. sitting
    - 2.7.4. gassho
    - 2.7.5. juzu
    - 2.7.6. oshoko
    - 2.7.7. chanting
3. Dharma
- 3.1. *Explain briefly some of the principal teaching of Buddhism and answer the following:*
    - 3.1.1. *What are the Four Noble Truths? Noble Eightfold Path?*
    - 3.1.2. *What are the three characteristics of existence (Three Seals of Buddhism)*
      - 3.1.2.1. All conditioned (existence) is impermanent
      - 3.1.2.2. All phenomenon is non-substantive
      - 3.1.2.3. Nirvana is tranquility
    - 3.1.3. *Explain what Buddhist Karma means*
    - 3.1.4. *What are the eight sufferings?*
    - 3.1.5. *What are the ten “goodnesses”?*
    - 3.1.6. *What are the six paramita?*
    - 3.1.7. *What are the five precepts?*
  - 3.2. *State briefly the biography of the founder and the history of your own denomination*
    - 3.2.1. Shinran Shonin
      - 3.2.1.1. Kamakura Period of Japan
      - 3.2.1.2. Early Childhood
      - 3.2.1.3. Mt. Hiei
      - 3.2.1.4. Rokkaku-do
      - 3.2.1.5. Honen Shonin
      - 3.2.1.6. Exile
      - 3.2.1.7. Return to Kyoto
      - 3.2.1.8. Death
    - 3.2.2. History
      - 3.2.2.1. Seven Masters
      - 3.2.2.2. Shotoku Taishi
        - 3.2.2.2.1. 17 article constitution
        - 3.2.2.2.2. Japan becomes a Buddhist country

- 3.2.2.3. Founding of Ohtani Hombyo
- 3.2.2.4. Founding of the Hongwanji
- 3.2.2.5. Rennyō Shonin
- 3.2.2.6. The Modern Hongwanji

#### 4. Sangha

- 4.1. *Show that you express Buddhist gratitude regularly before and after meals*
  - 4.1.1. shokuzen no kotoba (words before the meal) itadakimasu
  - 4.1.2. shokugo no kotoba (words after the meal) gochisosama
- 4.2. *Describe the administration, organization, and affiliated groups of your local temple*
- 4.3. *Show that you attend Dharma School services regularly*
- 4.4. *Know the major activities and events of your temple and show how you had helped in one or more of them*
- 4.5. *Name some of the social welfare activities of your temple and show how you had helped in one or more of them*

#### Three Treasures

“It is difficult to receive a human body; already, now, have I received it. It is difficult to hear the Buddha-Dharma; already, now, have I heard it. If this body, in facing this life, does not cross over, then in facing what life will this body cross over? Together with the great assemblage, with a true heart I will take refuge in the three treasures.

- I take refuge in the Buddha. Truly it is my vow that together with multitudinous beings, I will understand (with my whole being) the great path and give rise to the unsurpassed heart.
- I take refuge in the Dharma. Truly it is my vow that together with multitudinous beings, I will deeply enter the Dharma Storehouse and become like the ocean of wisdom.
- I take refuge in the Sangha. Truly it is my vow that together with multitudinous beings, I will unify and give meaning to the great assemblage making it unobstructable to all.

The Dharma that is unsurpassed, extremely deep, wondrous and rare is difficult to meet even in Hundreds of Thousands of Tens of Thousands of kalpa. I am now seeing and hearing, and have gained the receiving and holding of it. It is my vow to understand the True and Real meaning of the Tathagata.”