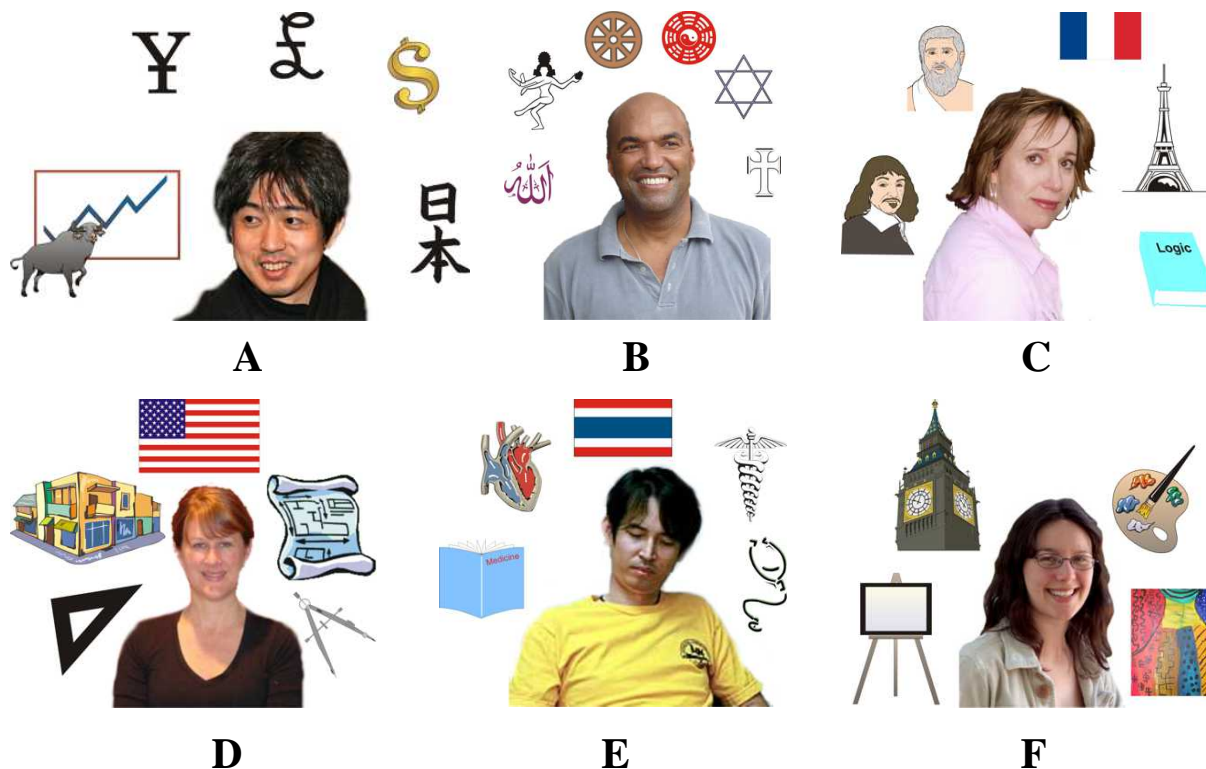


Lesson One

Part One

Describe the symbols which help identify each person and match the pictures with the introductions.



1. Hi. My name is Udomsak Sunthorn. My nickname's Dom. I'm a student. I'm studying medicine. I'm Thai. I'm from Bangkok.
2. Hello. My name is Shawna Carpenter. I'm an architect. My husband and I are American.
3. Hi. My name is Josh. I'm Shawna's husband. I'm a professor of religion. We're from Chicago
4. Hi. My name is Hiroshi Sato. I'm a university student. I'm studying economics. I'm Japanese. I'm from Osaka.
5. Hello. My name is Marie Delorme. I'm a philosophy student. I'm French. I'm from Paris.
6. Hi. My name is Caroline Brown. I'm an artist. I'm British. I'm from London.


Lesson Two

Part Four

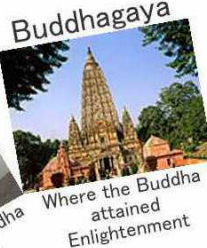
This is the flyer that the travel agent gave to Hiroshi. Look at it and answer the questions.

1. What are the four most important pilgrimage sites?
2. Why are they important?
3. What are some of the other places?
4. Why are they important?
5. How long is this pilgrimage?
6. What place will the group visit first?
7. What is the last place?
8. How will the group travel?
9. What kind of food will they eat?
10. Where will they stay?
11. When does the tour begin?
12. When does it end?
13. How much does it cost?
14. What else do you know about the tour?
15. Why do you think the tour is in February?

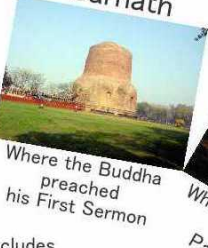
A Pilgrimage to the Buddhist Sites of India



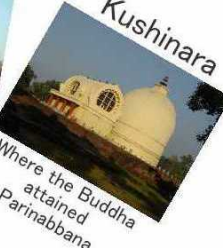
Lumbini
Where the Buddha was born



Buddhagaya
Where the Buddha attained Enlightenment



Sarnath
Where the Buddha preached his First Sermon



Kushinara
Where the Buddha attained Parinibbana

Also includes
Patna Kolkata Kesariya
Rajagaha Vesali Kapilavatthu
Nalanda Savatthi Varanasi
Lauriya Nandangar

A TWENTY-ONE-DAY TOUR

Small group

Dhamma talks

Leisurely pace

Vegetarian meals

Time for meditation

Air-conditioned van

Hotel and monastery accommodation

Round trip by air from Bangkok to Kolkata

Train from Kolkata to Gaya

Train from Sarnath to Kolkata

All expenses included

Very reasonable

Leave Bangkok February 3

Return Bangkok February 23

Space is limited


Book your place now!

For details

Contact Happy Travel

Island Hotel, Suriwong Road

02-252-1337



Students of the Lotus Tours
www.studentsofthelotus.org

Lesson Eight

Part One At Howrah Station

Josh: This is exciting! This is our first trip on a train.

Hiroshi: Really ? Don't you have trains in America?

Josh: Of course, we do, but most people drive or fly. We've never traveled by train.

Hiroshi: That's interesting. In Japan, we use the trains all the time. What about you, Dom? Have you ever taken a train?

Dom: Sure! I've taken the train from Bangkok to Kanchanaburi to visit my grandmother many times. I've also gone to Malaysia and Singapore by train.

Marie: I've seen a lot of train stations in Europe, but I've never seen anything like this before!

Shawna: Me neither! Look at the crowd! Have you ever seen so many people?

Caroline: No, I haven't. Where are they all going?

Rajiv: More than a million people use Howrah Station every day. There are thirty-seven platforms..

Marie: Are all of these people traveling? That woman and her children live here, don't they?

Rajiv: I think they do.

Puñña: A friend of mine says that when he comes to Howrah Station he doubts the Buddha's teaching!

Caroline: What does he mean?

Puñña: He can't believe that it is rare to be born a human being!
(All laugh.)

Puñña: On the train, I'll tell you the story about the blind turtle.

Rajiv: This is our platform, but our car is at the other end.

Caroline: There's our porter with our luggage, way down there.

Josh: Good. Let's go!

Marie: Have you ever seen such a long platform?

Shawna: No, I haven't. There are a lot of things here I've never seen before!

Dom: You can say that again!



Part Four Reading

This is the story which Venerable Puñña told everyone on the train to Gaya.

The Rarity of Human Birth

One day, the Buddha said to the bhikkhus, "Suppose that there were a yoke with a single hole in it, floating on the surface of the sea. The east wind carried it to the west, and the west wind carried it to the east; the north wind carried it to the south, and the south wind carried it to the north. Now suppose that there were in the sea a blind turtle which came to the surface only once every one hundred years. Would that blind turtle," the Buddha asked, "put his neck into the hole of that yoke?"

"Venerable Sir," the bhikkhus answered, "sometime or other, at the end of a long period, he might put his neck into that hole, but it would be very unlikely."

"Bhikkhus," the Buddha said, "it would be more likely for that blind turtle to put his neck into that hole than for a fool who has fallen into hell to be reborn as a human because, for those in hell, it is impossible to practice the Dhamma. It is impossible for them to practice righteousness. It is impossible for them to make merit by performing wholesome deeds. Rare, indeed, is birth as a human.



Lesson Sixteen

Part One

The Road to Vulture Peak



Punna: This is Vulture Peak. Shall we take the ropeway to the Japanese Peace Stupa and walk down or climb up on the road?

Shawna: The ropeway looks touristy. Let's walk up.

Josh: Isn't this the road that King Bimbisara built for the Buddha?

Puñña: Yes. You can see the original stones along the side. Over the years, the road has been repaired many times. According to tradition, this is the place where the king got off his elephant. There was once a stupa here.

Dom: Why is this hill called "Vulture Peak"?

Rajiv: There used to be a lot of vultures around here.

Hiroshi: I thought it was because the mountain was shaped like the bird's head. I've seen Japanese paintings like that.

Shawna: That's interesting!
Do you think we'll

Rajiv: Caroline! What's wrong? You look like you've seen a ghost! Are you OK?

Caroline: I'm fine, but my legs are shaky.

Dom: What happened?

Caroline: I walked ahead so I could take a picture of you climbing the hill. I wasn't paying attention, but, luckily, I didn't step on him.



Josh: Who?

Caroline: A beautiful big brown and yellow snake. He rose up, spread his hood, and swayed back and forth.

Dom: Wow! Then what happened?

Caroline: He kept looking at me with his round black beady eyes. We just watched each other. Then, without a sound, he lowered his head and slithered away.

Rajiv: Congratulations! You've met a king cobra.

Shawna: Are they dangerous?

Puñña: Their venom is strong enough to kill an elephant, but, usually, they don't attack people unless they are frightened.

Caroline: I kept thinking about the meditation on loving kindness you taught us the other day. Maybe it helped!

Marie: I'm sure it did. Because you were friendly, he didn't hurt you.

Hiroshi: Too bad you didn't get a photo!



Part Two Metta Meditation

Use the words in the box to complete the sentences in the meditation.

compared	hate	men	realizing	ten	women
everyone	highest	noble	realm	welfare	world
happy	indifferent	radiate	sorrow	woeful	

Having _____ oneself with others, one should _____ loving-kindness to all beings by _____ that _____ desires happiness.

"May I always be happy and free from _____. May those who desire my _____, those who are _____ to me, and those who _____ me also be happy.

"May all beings who live in this vicinity and those who live in other parts of this _____ be happy.

"May all beings living in every _____ and each element of life therein be happy and achieve the _____ bliss.

"Likewise, _____, men, the _____ and ignoble ones, gods, _____, those in _____ states, and those living in the _____ directions—may all these beings be _____."