



## 6th Annual Dharma Bum Life Program

Starts June 15, 2015

Dharma Bum Temple, San Diego

12 Dharma Bums, 8 Weeks, 6 Paramitas, 4 Retreats, 1 Temple, 0 Dollars

(This is a non-residential program)

### Description:

The Dharma Bum Life Program will teach you how to live a simple life in today's fast paced American culture. The program was founded on principles known as the Six Perfections (generosity, morality, patience, diligence, concentration, wisdom) which provide the foundation for peace and happiness in every moment. This program will help you develop proper daily motivation, great compassion and impartial loving-kindness. There will be an emphasis on providing Prison Outreach, Food Redistribution and learning how to maintain and care for The Dharma Bum Temple. Together we will begin to build a Buddhist Library and Resource Center, establish additional college Dharma Bum Meditation Groups, and lay the foundation to bring Monks, Nuns, and Buddhist Scholars to teach and share Dharma. An exchange program with a Monastery in Taiwan will also be developed.

### Additional Opportunities:

Once the term is complete, there will be opportunities to live in a Monastery in Taiwan. No cost to stay, student must pay for travel expenses.

### Requirements:

- ❖ Meet 2 evenings a week (Monday & Thursday, 7p-9p) at the Dharma Bum Temple for meditation and Dharma class – Must attend every class, unless emergency situation or illness.
- ❖ Four full day meditation retreats on Saturday or Sunday (options below)
  - \*Zen Center of San Diego , Pao Fa Temple, Deer Park, Metta Forest, etc.
- ❖ Community Service 1-2 times a week with other group members
  - \* Food Redistribution, Prison Outreach, Host at Dharma Bum Temple
- ❖ 20 minutes per day of personal meditation practice and record in a journal
- ❖ Readings – Lotus in the Stream and The Training of the Zen Buddhist Monk

### To Apply:

Email [thedharmabumtemple@gmail.com](mailto:thedharmabumtemple@gmail.com) for an application. This program will be limited to 12 students per term, whom you will meet with weekly at the Dharma Bum Temple. This will be your community of practitioners throughout the program. Applications must be received no later than May 15, 2015.

\*\*\*Course credit offered by certain professors, please ask for more details\*\*\*