

Appamada Precepts Class Plan

September 2019-September 2020

Texts: Diane Rizzetto, *Waking Up to What You Do*
 Norman Fischer, *The World Could Be Otherwise*
 Cedar Barstow, *Right Use of Power: The Heart of Ethics*

This schedule may change as needed to adjust for other events, such as intensives.

Date	Class	Topic	Reading before class
September 17	1	Introduction: What are Precepts in Zen? The Learning Record	
October 15	2	Hakomi: Practicing with Precepts (Rizzetto 1-4) and Speaking Truthfully (5)	Rizzetto Ch. 1-5 Fischer Ch. 1 Hakomi Handout on website, and email participants
November 12	3	Speaking of others with openness and possibility (6) Internal Family Systems	Rizzetto Ch. 6 Fischer Ch. 2
December 12: THURSDAY	4	Meeting Others on Equal Ground	Rizzetto Ch. 7 Fischer Ch. 3
January 21	5	Cultivating a Clear Mind: Sewing Practice Learning Record Midterm	Rizzetto Ch. 8 Fischer Ch. 4
February 18	6	Taking Only What Is Freely Given	Rizzetto Ch. 9 Fischer Ch. 5
March 17	7	Engaging in Sexual Intimacy Respectfully	Rizzetto Ch. 10 Fischer Ch. 6
April 21	8	Right Use of Power Letting Go of Anger	Rizzetto Ch. 11 Fischer Ch. 7
May 19	9	Supporting Life	Rizzetto Ch. 12 Right Use of Power pp. 1-99
June 16	10	Not Disparaging the Three Treasures, review	Rizzetto Conclusion Right Use of Power, pp 100-216
July 7	11	The Traditional Precepts, Questions, Demos, Practices Walkthrough of the Precepts Ceremony Complete Learning Record	Right Use of Power, pp. 217- end
		No Class in August	
September 13		Precepts Ceremony	

Material for the class can be found at the Precepts Class page on the Appamada website, here:

<https://appamada.org/precepts-study>

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