

Module 2: Refining Your Meditation

Fall 2025 Live Online Thursdays 7pm EST, 8pm AT

Four Foundations of Mindfulness

October 30

Class 1: Introduction to Module 2 (six weeks)

Unless otherwise noted, Readings are from:

[The Profound Treasury of the Ocean of Dharma, Vol. 1 The Path of Individual Liberation](#)

November 6

Class 2: Foundations of Mindfulness of Body and Mindfulness of Life

Readings for this class:

Chapter 39 (pages 285-293)

Chapter 40 (pages 294 - 303)

November 13

Class 3: Mindfulness of Effort and Mindfulness of Mind

Readings for this class:

Chapter 41 (pages 304 - 315)

Chapter 42 (pages 316 - 328)

Nine Stages of Shamatha

November 20

Class 4: 9 Stages of Resting the Mind

Readings for this class:

Chapter 31 (pages 231 - 242)

November 27

Class 5: Vipashyana

Readings for this class: To be posted

December 4

Class 6: Review, conclusion, and looking toward [Module 3: The Truth of Suffering](#).