

RKINA 101: BASIC BUDDHISM

10 Week Online Course

Feb.18 - Apr. 22, 2026

Wednesday, 6pm-7pm Pacific Time

Zoom Meeting ID: 845 3969 1011 Passcode: basic

<https://us02web.zoom.us/j/84539691011?pwd=DsFAX6S5rHCQVJTsa07uzWUaSV1sc1.1>

Instructor: Rev. Takashi Yoshizawa

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Internet courseware instructor: Emi Sonksen

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Catalog Description:

This is an introductory course on the fundamental teachings of Buddhism as expressed through the tradition of Rissho Kosei-kai.

Objectives: Upon completion of this course, a student will be able to:

1. Develop an understanding of the basic teachings of Buddhism.
2. Apply the teachings to their everyday lives.
3. Convey a moderate understanding of the basic teachings to others.

Assignments: Read the assigned chapter and answer the chapter workbook questions.

Text & Workbook: [PDF Download](#)

Tips for Success: Think about how you would apply the material to real world situations.

DATE	CLASS	CONTENT
Feb. 18	1	TAKING REFUGE IN THE THREE TREASURES
		Lecture, Discussion
Feb. 25	2	THE LAW OF CAUSATION
		Lecture, Discussion
Mar. 4	3	THE SEAL OF THE THREE LAWS AND FOUR LAWS
		Lecture, Discussion
Mar. 11	4	THE FOUR NOBLE TRUTHS

		Review, Lecture, Discussion
Mar. 18	5	THE TEN SUCHNESSES
		Lecture, Discussion
Mar. 25	6	THE TWELVE LINK CHAIN OF CAUSATION
		Lecture, Discussion
Apr. 1	7	THE EIGHTFOLD PATH
		Lecture, Discussion
Apr. 8	8	THE SIX PERFECTIONS (Paramitas)
		Lecture, Discussion
Apr. 15	9	TRANSMIGRATION AND KARMA
		Lecture, Discussion
Apr. 22	10	THREE THOUSAND REALMS IN ONE MIND
		Lecture, Discussion

Evaluation Criteria:

Certificates will be awarded based on class attendance.

Type	Requirements
Certificate	Class attendance and participation.
No certificate	Too many absences.