

# Fundamentals of Buddha-Dhamma (2025)

## based in La Crosse Meditation Sangha

This class will focus on the Fundamentals of Buddhist teachings and practice. In most session, Santikaro will introduce an important piece of Buddha-Dhamma and then lead a discussion about applying it within our lives. In 2025, we will also discuss the basics of meditation practice and maintaining a regular practice. For a sense of the topics covered under the heading of Fundamentals of Buddhism, you can [visit the 2024 home page](#) with an index of sessions and recordings.

This class is based in a longstanding meditation and Dhamma class based in La Crosse, WI. During Covid the group moved on-line via Zoom and people joined from outside the area. With Santi's lymphoma challenges through most of 2024, we have again been mostly on-line. In 2025, we aim to have two in-person sessions a month, which will also be streamed through Zoom. There will be an additional 1 or 2 on-line only sessions each month.

Local people may participate both in-person and on-line. Friends outside the area can participate in most sessions via Zoom, as well as follow the recordings of each session.

As much as possible, we meet Wednesday evenings (6:30-8:00 pm) in-person on the 2nd & 4th Wednesdays of each month and on-line via Zoom on the 1st & 3rd Wednesdays. When weather requires, some in-person meetings will be moved on-line. Please note, however, that we don't meet when Santikaro is away for a retreat. Some months we meet all four Wednesdays, and some months three or only two.

All of the talks and guided meditations will be recorded and posted through a "Home Page" on Goggle Docs. All in-person attendees will automatically be given access. If you wish to follow these sessions on-line, please [email Santikaro](#). (There is no registration fee.) The 2025 Home Page will provide addresses, Zoom links, and other details.

This group is oriented to the original teachings of the Buddha as found in the early discourses (*suttas*). While open to the healthy developments and adaptations from among the many Buddhist lineages, we stay grounded in the original inspirations. We are also similarly friendly towards other wisdom-faith traditions. Throughout 2025, continuing the past year's reflections, Santikaro will review these teachings and how they serve the path of awakening from dukkha.

Buddha-Dhamma is a life path encompassing meditative, ethical, intellectual, devotional, lifestyle, and social aspects. Buddha-Dhamma offers an overall orientation to life and its purpose. It promotes ethical guidelines and wholesome values. It clarifies motivations and intentions. It provides a rich array of contemplative perspectives, tools, and practices. It fosters sensitive engagement with and inquiry into the nature of mind, heart, psyche. It confronts suffering head-on in order to release therefrom. It suggests wholesome alternatives to conflict-ridden human relations.

Meditation is a common interest of all who join us. Thus, we begin each session with a 30-minute meditation, usually silent. Occasionally, the meditation will be guided. In some sessions, Santikaro's reflections will focus on one or another of the basic meditation practices or explore the nuances of crucial factors in a healthy meditation-contemplation practice.

In Buddhism, "practice" refers to all aspects of the spiritual journey as lived out day to day. Such practice, including in specialized meditation sessions, will be the focus of our explorations in 2025.

The spirit of these reflections is "Buddhayāna," the core teachings found in all major lineages that retain a connection with the early sources (Pāli and Chinese suttas). These summaries will systematically explore the fundamentals of Buddha-Dhamma, such as, the middle way, four ennobling realities, noble eightfold path, applications of mindfulness, divine abodes, dependent co-arising, and emptiness. These will be in the form of 20-25 minute talks followed by discussion.

The emphasis on Buddha-Dhamma according to the early discourses is not meant to exclude other valuable teachings, whether other Buddhist lineages, the important contributions of humanist science and psychology, or trauma informed care. After all, Santikaro is personally informed by qigong, Enneagram, great literature, and insights from other spiritual traditions. When appropriate, participants may seek correspondence between the core teachings of this series and other spiritual influences, so long as this has a practical purpose rather than mere curiosity or intellectualism.

If you wish to join these sessions or follow them on-line, please [email Santikaro](#).