

IWM Core Buddhist Teachings

The Insight Meditation Community of Western Massachusetts (IWM) offers classes and retreats focused on the teachings of the Buddha and their application in everyday life. Our classes, retreats, and other programs are designed to meet different levels of practice experience and a range of interests for those who come to IWM.

For those seeking a foundation in basic Buddhist teachings, we offer classes for both beginning and more experienced students. In a typical year we offer two beginning meditation classes, as well as four courses on other core areas from the list below.

IWM's Core Buddhist Teachings includes the following courses:

- 1) The Four Noble Truths
- 2) The Three Parts of the Path (Generosity, Ethical Integrity, Cultivation of the mind/heart)
- 3) The Four Foundations of Mindfulness
- 4) The Three Characteristics (Impermanence, Dukkha, and Not-self)
- 5) The Eightfold Path
- 6) The Four Brahma Viharas
- 7) The Ten Paramis
- 8) The Seven Factors of Awakening