

PRACTICING WITH THE SUTTAS

lead by Santikaro

10 THURSDAY EVENINGS IN 2026

(4th Thursday of each month beginning February 26th)

TIME: 7:00 - 8:30 PM CENTRAL TIME

ONLINE VIA ZOOM ... FOR REGULAR PARTICIPANTS ONLY

Suttas are discourses of Buddha and contemporaneous disciples preserved in Pāli, Chinese, and other old Asian languages. Santikaro is an avid student of the Pāli suttas and enjoys guiding others in interpreting them for the sake of spiritual practice. Familiarity with their breadth and depth provides well-grounded guidance for Dhamma-centered life.

Each month we'll read a sutta, or two, that highlights essential Dhamma teachings, such as the four ennobling truths, the middle way, karma, establishings of mindfulness, ethics, cultivating wholesome qualities of heart and mind, and becoming persons of good character and integrity. Santikaro will send out an assigned reading with study questions roughly a week before each meeting. He will begin each meeting by discussing the highlights of each sutta and then invite conversation regarding how to put the sutta's teaching into practice.

Responsibilities of participants

Read and reread the assigned suttas and reflect on the guide questions provided before each meeting. You'll have a few days to a week to find time to do so.

Participate live as much as possible; otherwise, digest the recording carefully. You are expected to attend all sessions either live or through the recordings.

Ponder the readings in terms of daily practice of the middle way off and on cushion.

Recordings

If you must miss a meeting, please listen to the recordings that will be posted on the course's [Home Page](#) by the next morning. For about four weeks, recordings are the Zoom original with

video. After that, recordings are MP3 (audio only) stored in the same Google Folder as [the Home Page](#).

New Students

This is a new course. Previous familiarity with the suttas is not required.

Registration

Fill out [this on-line form](#) (specifying “Practicing with the Suttas”) and send [\\$100 registration fee following the information here](#). This fee is to encourage commitment to full participation.

Nobody will be refused because of inability to pay this fee. Please email us [if you cannot afford the fee](#) so that other arrangements can be made.

Course Home Page

In mid-February, folks who register will receive an email giving access to the [Home Page](#) (a Google Doc), which will be the on-line hub for information concerning these courses, including the Zoom link, schedule, and links to recordings.

Resources

[Wisdom Publications](#) has published the four main Nikāyas (collections) of suttas translated by Bhikkhu Bodhi. For long-term study, you may treasure this resource.

[Sutta Central](#) has a full set of sutta translations by Sujato Bhikkhu, and much more.

Translations by Thanissaro Bhikkhu with insightful comments [are available here](#).

Reciprocal support

The Buddha’s teachings, sanghas, centers, and resources for practice involve and require the hard work of many people, technical skills, financial generosity, and an overall spirit of reciprocal service. As a participant in this course, in addition to the registration payment, we ask you to support our work in ways suitable to your means and abilities. The kindness of others has made this course possible; your help ensures that such activities continue. Please visit [Kevala Retreat’s dāna page](#) from time to time.

Occasional retreats

If a retreat coincides with one of our meetings, Santikaro will reschedule an alternative date for that meeting. For example, an online retreat focused on *ānāpānasati*’s Foundations is scheduled for February 8-14. Such retreats will require moving the dates of some sessions a week forward or backward. (We won’t meet in November when I travel to Thailand.)

If you have questions, please [email Santikaro](#).