



Class Resources:

- Recorded lectures on the [Win Metta website](#) under the “Class Videos” heading
- Alternatively, you can watch them on [the Abhidhamma Study in English YouTube Playlist](#).
- Download class notes(PDFs) on the [Win Metta website](#) under the “Class Notes” heading
- Alternatively, you can download them on our Google Shared Drives https://drive.google.com/drive/folders/1zoN_-RLVu0S9PCCqkPqFzKZarxqGKW_s4?usp=sharing.

List of things you can expect in this class:

- We will record and Livestream the lecture.
- You can ask questions at the Question and Answer session. When the lecturer (Venerable Paññādhikālaṅkāra) is giving the lesson, please refrain from asking questions. Zoom Host in class will mute everyone during the lecture.
- We encourage the class to turn on their camera whenever possible for better engagement.
- Please stay muted when someone is talking because we want to minimize the background noise during the recording.
- Venerable Paññādhikālaṅkāra will provide lecture materials.
- We will record the Question and Answer session to benefit future learners. We will not post the recording from the Question and Answer online.
- Please keep the discussion private—what is discussed in class stays in class.
- We encourage learners to exchange knowledge with loving-kindness and humility in class.
- Learners can ask questions using Zoom’s ‘raise hand’ feature from the Reactions button.
- We encourage learners to ask questions relevant to the current lesson. If there are no questions about the lecture, learners can proceed to ask general questions about Buddhism.
- We always encourage you to provide suggestions to improve the class. You can fill out a 1-question feedback form here: <https://forms.gle/FcUsTrwAEjTxTB3M9>.