



AMITABHA FOUNDATION PROGRAMME • 1ST TERM 2018

New students are always welcome – no enrolment is needed. We provide chairs and meditation cushions. No fees are charged but we do appreciate a donation of \$10 per class.

SUNDAY MORNINGS • Holidays and School Terms

9.30 – 10.30am • All year, including 24 and 31 December

Join us for an hour of silent practice – meditate, pray or simply sit in contemplation. People of all religions or none are equally welcome.

10.30 – 11.00am

Stay after meditation for a cup of tea or coffee and a chat. We are a friendly spiritual community and welcome people of all ages and backgrounds.

11am • Practice Schedule

For those who have received teachings on these practices.

Sunday 14 January – Short (Namcho) Amitabha

Sunday 21 January – Nyingma Phowa

Sunday 28 January – Vajrasattva

Sunday 4 February – Drikung Phowa

Sunday 11 February – 10-levels Amitabha

Sunday 18 February – Nyingma Phowa

Sunday 25 February – Vajrasattva

Sunday 4 March – Drikung Phowa

Sunday 11 March – Short (Namcho) Amitabha

Sunday 18 March – Nyingma Phowa

Sunday 25 March – Vajrasattva

We expect a visit from His Eminence Ayang Rinpoche this term. Rinpoche plans to give the empowerment of Vajrayogini, and to teach on the Long Buddha Amitabha sadhana.

We currently expect him to arrive around 30 March (Easter) and stay for one or two weeks.

COURSES

Training the Mind in Love and Kindness: The Lojong

Wednesday 7.00 – 8.30pm • 7 February – 21 March

(Finish date may alter depending on Ayang Rinpoche's arrival – see above. Please check website.)

"Based on developing a deep compassion for ourselves and for other beings...this training is regarded as the most important single teaching in Buddhism." – Ringu Tulku Rinpoche.

This course offers us powerful tools for self-transformation. Text: "Mind Training" by Ringu Tulku; Snow Lion, 2007.

Extra reading: "The Seven Points of Mind Training" by Khenchen Thrangu Rinpoche; "Training the Mind and Cultivating Loving-Kindness" by Chogyam Trungpa.

The Tibetan Book of the Dead

Friday 7.30 – 9.00pm • 9 February – 23 March

A study group for experienced students based on "The Tibetan Book of the Dead" trans. Gyurme Dorje; Penguin, 2005.