



AMITABHA FOUNDATION PROGRAMME • 2ND 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 • All Year

9.30 – 10.30am • Starting Sunday 22 April, then runs all year.

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 22 April.....Short (Namcho) Amitabha	Sunday 3 June.....Vajrasattva
Sunday 29 April.....Nyingma Phowa	Sunday 10 June.....Drikung Phowa
Sunday 6 May.....Vajrasattva	Sunday 17 June.....Short (Namcho) Amitabha
Sunday 13 May.....Drikung Phowa	Sunday 24 June.....Nyingma Phowa
Sunday 20 May.....10-levels Amitabha	Sunday 1 July.....Vajrasattva
Sunday 27 May.....Nyingma Phowa	

COURSES

Training the Mind in Love and Kindness: The Lojong

Wednesday 7.00 – 8.30pm • 9 May – 4 July

“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 • 11 May – 6 July

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