



## AMITABHA FOUNDATION PROGRAMME • 4TH TERM 2017

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.

**Public ("Drop-In") Silent Meditation: Sunday mornings • Sunday 9.30 – 10.30am all year**

### COURSES

#### How to Meditate – Monday Nights

Seeking guidance on mindfulness and meditation? On Monday night at 7.00pm you will receive half an hour of meditation teaching followed by the opportunity to practise what you have learned. (Experienced meditators are welcome to arrive at 7.30pm to practise.)

**Monday 7.00pm – 8.30pm • 23 October – 11 December**

7.00pm – 7.30pm: Learn to Meditate by watching your breath, an object, or using other techniques.

7.30pm – 8.30pm: Meditation Practice (2 half hour sessions - stay for one or both).

#### The Basis of a Buddhist Life – Tuesday Nights

A practical outline of the entire Buddhist journey emphasising the path of the Bodhisattva, based on love and compassion. Text: Ringu Tulku "Path to Buddhahood. Teachings on Gampopa's Jewel Ornament of Liberation".

**Tuesday 7.00pm – 8.00pm • 24 October – 12 December**

#### Tibetan Buddhism: The Vajrayana – Wednesday Nights

The unique path of Tibetan Buddhism, often described as the fastest and most powerful road to enlightenment. Text: Patrul Rinpoche "The Words of My Perfect Teacher".

**Wednesday 7.00pm – 8.00pm • 25 October – 13 December**

#### Milarepa's Songs of Realisation – Friday Nights

The 100,000 Songs of Milarepa. Trans Garma C.C. Chang. A study group for experienced students.

**Friday 7.30pm – 9.00pm • 27 October – 15 December**

#### Vajrayana Practice Teaching – Saturday Afternoon

**Saturday 2.00pm – 5.00pm • 25 November**

**Short Buddha Amitabha Practice:** How to practise the Short Buddha Amitabha sadhana, which introduces us to the natural beauty and perfection of ourselves, the world, and all its inhabitants.

This teaching helps students prepare to receive HE Ayang Rinpoche's important teaching on the Long Buddha Amitabha sadhana at Easter 2018.

You will receive the text for practice, a recording of HE Ayang Rinpoche himself doing the practice, and notes. The next day (Sunday 26 November) we do the practice as a group at 11am, after drop-in meditation, and review will be provided if needed.

#### Sunday 11am – Practice Schedule

For those who have received teachings on these practices.

Sun 22 Oct Drikung Phowa

Sun 29 Oct 10-levels Amitabha

Sun 5 Nov Nyingma Phowa

Sun 12 Nov Drikung Phowa

Sun 19 Nov Drikung Phowa

Sun 26 Nov Short (Namcho) Amitabha

Sun 3 Dec Nyingma Phowa

Sun 10 Dec Drikung Phowa

Sun 17 Dec 10-Levels Amitabha

Sun 24 Dec Nyingma Phowa

Sun 31 Dec Vajrasattva

Sun 7 Jan Drikung Phowa