



AMITABHA FOUNDATION PROGRAMME • 4TH 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

9.30 – 10.30am • All Year Round

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 30 September.....	Drikung Phowa	Sunday 11 November	Nyingma Phowa
Sunday 7 October.....	Short (Namcho) Amitabha	Sunday 18 November	Vajrasattva
Sunday 14 October.....	Nyingma Phowa	Sunday 25 November	Drikung Phowa
Sunday 21 October.....	Vajrayogini	Sunday 2 December.....	10-levels Amitabha
Sunday 28 October.....	Drikung Phowa	Sunday 9 December.....	Nyingma Phowa
Sunday 4 November....	Short (Namcho) Amitabha	Sunday 16 December.....	Vajrasattva

COURSES

Training the Mind: From Love and Kindness to Enlightenment

Wednesday 7.00 – 8.30pm • 24 October – 5 December

We work with loving kindness for ourselves and others, the Four Immeasurable Qualities and the Three Excellences to discover how to turn our meditation and spiritual practice into a powerful tool for our happiness and ultimate enlightenment. Essential foundations for all students.

Helpful reading: *"Mind Training"* by Ringu Tulku; Snow Lion, 2007, *"The Words of My Perfect Teacher"* by Patrul Rinpoche; Shambhala, 1998.

The Tibetan Book of the Dead

Friday 7.30 – 9.00pm • 26 October – 7 December

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