

Amitabha Foundation Australia

1ST TERM 2019

SUNDAY MORNINGS PUBLIC MEDITATION

9.30 – 10.30am • All Year Round (EXCEPT Sunday 13 January)

Join us for an hour of silent practice, meditation or prayer. People of all religions and 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 everyone.

COURSES

Learn to Meditate

Wednesday 7.00 – 8.30pm • 6 February – 20 February

This self-contained 3-week unit is for anyone who would like to learn how to meditate. It is designed to be suitable for those of any religious faith or none.

This is also where anyone interested in following our programme of the practice and study of Tibetan Buddhism should start. Buddhism cannot be meaningfully engaged with unless we have a foundation of meditation, and the Tibetan approach to meditation differs in some ways from other techniques commonly taught.

The Path to Buddhahood

Wednesday 7.00 – 8.30pm • 27 February – 3 April

While continuing to establish a firm foundation of meditation practice, students can explore the Buddhist path of wisdom and compassion further in this course. It is based on Gampopa's "Jewel Ornament of Liberation", one of the two major guides to the spiritual path taught to serious seekers and practitioners in our tradition.

The course is designed for both beginner and intermediate students. It covers assumed material for anyone receiving empowerment or teaching from HE Ayang Rinpoche.

Text: "Path to Buddhahood: Teachings on Gampopa's Jewel Ornament of Liberation" by Ringu Tulku. Shambala, 2003.

Lives of the Mahasiddhas: Tantric Masters of Reality

Friday 7.30 – 9.00pm • 8 February – 5 April

The Third Turning of the Wheel of the Dharma: the Vajrayana, as demonstrated and taught in these lives of great realised 12th Century Indian Masters, male and female, from all walks of life. (This study group is most suitable for students who have already received empowerment and teaching from a Vajrayana master.)

Text: "Legends of the Mahasiddhas" Trans. Kenneth Dowman. 3rd edition, 2014; Inner Traditions.

SUNDAY 11AM VAJRAYANA PRACTICE SCHEDULE

For those who have received teachings on these practices.

Sunday 23 December.....Drikung Phowa	Sunday 24 February..... Short (Namcho) Amitabha
Sunday 30 December..... Short (Namcho) Amitabha	Sunday 3 March.....Nyingma Phowa
Sunday 6 January.....Nyingma Phowa	Sunday 10 March..... Vajrayogini
Sunday 13 January..... CANCELLED	Sunday 17 March.....Drikung Phowa
Sunday 20 January.....Drikung Phowa	Sunday 24 March..... Short (Namcho) Amitabha
Sunday 27 January..... 10-levels Amitabha	Sunday 31 March.....Nyingma Phowa
Sunday 3 February.....Nyingma Phowa	Sunday 7 April.....Vajrasattva
Sunday 10 February.....Vajrasattva	Sunday 14 April.....Drikung Phowa
Sunday 17 February.....Drikung Phowa	Sunday 21 April..... Short (Namcho) Amitabha