



Buddha House

SEPTEMBER 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM 11.00 Yoga 1 PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM 10.00 Mind Healing and Meditation 2 PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	AM 9.15 Easy Stretches for Meditators 3 10.00 Guided Meditation PM 6.00 Chenrezig Practise 7.15 D.B. - <i>Wisdom of Emptiness (1)</i>	AM 10.00 Opening our Heart, Seeing Reality 4 PM 6.00 B.P. Study Group 7.15 Stages of the Path 9.00 Review Session	AM 5 PM 7.30 Compassion in Action - Buddhism in Times of Terrorism (4)	AM 6 PM 2.30 Tibetan Language Classes	AM <i>precepts at home</i> 7 9.00 Guided Meditation 10.00 Morning Tea 10.30 - 12.00 <i>Nagarjuna's Letter to a Friend</i> 10.30 Dharma Kids Club 2.00 Tara Puja 5.00 Protector Practices
AM 11.00 Yoga 8 PM 6.00 Learn to Meditate	AM 10.00 Mind Healing and Meditation 9 PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	AM 9.15 Easy Stretches for Meditators 10 10.00 Guided Meditation PM 3.00 Guru Puja 6.00 Medicine Buddha Practise 7.15 D.B. - <i>Wisdom of</i>	AM 10.00 Opening our Heart, Seeing Reality 11 PM 6.00 B.P. Study Group 7.15 Stages of the Path 9.00 Review Session	AM 12 PM 7.30 Compassion in Action - Buddhism in Times of Terrorism (5)	AM 13 PM 7.30 Buddha's Café	AM 14 9.00 Guided Meditation 10.00 Morning Tea 10.30 <i>Nagarjuna's Letter to a Friend</i>
AM <i>precepts at home</i> ○ 15 11.00 Yoga PM 2.00 Medicine Buddha Puja 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM 10.00 Mind Healing and Meditation 16 PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	AM 9.15 Easy Stretches for Meditators 17 10.00 Guided Meditation PM 6.00 Shakyamuni Buddha Practise 7.15 D.B. - <i>Wisdom of Emptiness (3)</i>	AM 10.00 Opening our Heart, Seeing Reality 18 PM 6.00 B.P. Study Group 7.15 Stages of the Path 9.00 Review Session	AM 19 PM 7.30 Compassion in Action - Buddhism in Times of Terrorism (6)	AM 20 8.30 Bushwalk 9.00 - 4.00 Workshop "Working with Emotions"- Pride PM 2.30 Tibetan Language Classes	AM 21 9.00 Guided Meditation 10.00 Morning Tea 10.30 <i>Nagarjuna's Letter to a Friend</i>
AM 11.00 Yoga 22 PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM 10.00 Mind Healing and Meditation 23 PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	AM 9.15 Easy Stretches for Meditators 24 10.00 Guided Meditation PM 3.00 Guru Puja 6.00 Tara Practise 7.15 D.B. - <i>Wisdom of Emptiness (4)</i>	AM 10.00 Opening our Heart, Seeing Reality 25 PM 6.00 B.P. Study Group 7.15 Stages of the Path 9.00 Review Session	AM 26 PM 7.30 Compassion in Action - Buddhism in Times of Terrorism (7) *School Holidays Start	AM 27 9.00 - 4.00 Weekend Workshop "Ultimate Healing" PM 7.30 Buddha's Café	AM 28 9.00 - 4.00 Weekend Workshop "Ultimate Healing" 9.00 Guided Meditation 10.00 Morning Tea 10.30 <i>Nagarjuna's Letter to a Friend</i>
AM <i>precepts at home</i> ● 29 PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM 10.00 Mind Healing and Meditation 30 PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	○ Full Moon ● New Moon D.B. - <i>Discovering Buddhism</i> B.P. - <i>Basic Program</i> Check for updates on this calendar which can be downloaded from www.buddhahouse.org				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
○ Full Moon ● New Moon D.B. - <i>Discovering Buddhism</i> B.P. - <i>Basic Program</i> Check for updates on this calendar which can be downloaded from www.buddhahouse.org		AM ¹ 10.00 Guided Meditation	AM ² 10.00 Opening our Heart, Seeing Reality	AM ³	AM ⁴ 10.00 Intro to Buddhism	AM ⁵ 9.00 Guided Meditation 10.00 Morning Tea 10.30 - 12.00 <i>Nagarjuna's Letter to a Friend</i> 10.30 Dharma Kids Club PM 5.00 Protector Practices
6 *Public Holiday - Labour Day	AM <i>precepts at home</i> ⁷ 10.00 Mind Healing and Meditation PM 2.00 Tara Puja 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	AM ⁸ 10.00 Guided Meditation PM 6.00 Medicine Buddha Practise 7.15 D.B. - <i>Wisdom of Emptiness</i> (6)	AM ⁹ 10.00 Opening our Heart, Seeing Reality PM 3.00 Guru Puja 6.00 B.P. Study Group 7.15 Stages of the Path 9.00 Review Session	AM ¹⁰	AM ¹¹ 8.30 Bushwalk 10.00 Intro to Buddhism PM 7.30 Buddha's Café	AM ¹² 9.00 Guided Meditation 10.00 Morning Tea 10.30 <i>Nagarjuna's Letter to a Friend</i> *School Holidays Finish
AM ¹³ 11.00 Yoga PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM <i>precepts at home</i> ○ ¹⁴ 10.00 Mind Healing and Meditation PM 2.00 Medicine Buddha Puja 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	AM ¹⁵ 9.15 Easy Stretches for Meditators 10.00 Guided Meditation PM 6.00 Vajrasattva Practise 7.15 D.B. - <i>Wisdom of Emptiness</i> (7)	AM ¹⁶ 10.00 Opening our Heart, Seeing Reality PM 6.00 B.P. Study Group 7.15 Stages of the Path 9.00 Review Session	AM ¹⁷	AM ¹⁸ 9.00 - 4.00 Workshop <i>Wisdom of Emptiness</i> 10.00 Intro to Buddhism PM 2.30 Tibetan Language Classes	AM ¹⁹ 9.00 Guided Meditation 10.00 Morning Tea 10.30 <i>Nagarjuna's Letter to a Friend</i>
AM ²⁰ 11.00 Yoga PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM ²¹ 10.00 Mind Healing and Meditation PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	AM ²² 9.15 Easy Stretches for Meditators 10.00 Guided Meditation PM 6.00 Shakyamuni Buddha Practise 7.15 D.B. - <i>Introduction to Tantra</i> (1)	AM ²³ 10.00 Opening our Heart, Seeing Reality PM 3.00 Guru Puja 6.00 B.P. Study Group 7.15 Stages of the Path 9.00 Review Session	AM ²⁴	AM ²⁵ 9.00 - 4.00 Workshop <i>"Working with Emotions"- Jealousy"</i> 10.00 Intro to Buddhism PM 7.30 Buddha's Café	AM ²⁶ 9.00 Guided Meditation 10.00 Morning Tea 10.30 <i>Nagarjuna's Letter to a Friend</i>
AM ²⁷ 11.00 Yoga PM 6.00 Learn to Meditate 7.15 Opening our Heart, Seeing Reality	AM <i>precepts at home</i> ● ²⁸ 10.00 Mind Healing and Meditation PM 6.00 Learn to Meditate 7.15 Bodhisattva's Way of Life	AM ²⁹ 9.15 Easy Stretches for Meditators 10.00 Guided Meditation PM 6.00 Tara Practise 7.15 D.B. - <i>Introduction to Tantra</i> (2)	AM ³⁰ 10.00 Opening our Heart, Seeing Reality PM 6.00 B.P. Study Group 7.15 Stages of the Path 9.00 Review Session	AM ³¹		