

Awakening our Hearts

with Jampa Gendun



Saturday July 12th and
Sunday July 13th, 9 am - 4pm
Book through the office

Australians spend billions of dollars on medication and vitamins every year in an attempt to feel better. To further improve our physical and mental health we train for hours in the gym or at home. Although it all can help to make us feel better, the cause of our misery and dissatisfaction is not even touched if we engage in these activities with a self-centered attitude.

Mental health is, ultimately, a social phenomenon. Developing a sincere wish to benefit others is not only a way to find the greatest meaning in our own life, but it is a remedy for most of our social ills.

In the weekend "The Awakened Heart" you can learn how to open your heart and generate a loving and compassionate attitude towards yourself and others.

Through teachings, meditations and discussions based on the tradition of the 8th century Indian Buddhist master Shantideva you will train step-by-step train in awakening your heart by "equalizing and exchanging self for others".

Facility fee for the entire weekend:
\$100 waged; \$ 90 concession;
\$ 80 members.
For one day: \$55 waged;
\$ 50 concession; \$ 45 members

Please bring a plate of vegetarian food to share for lunch. Morning and afternoon tea are provided.

BUDDHA HOUSE

1 Fisher St, Tusmore
(Behind the Burnside City Council)

Visit: www.buddhahouse.org
Phone: 8333 2824