

March 2010

london
buddhist
centre

Fri 12-14 The Gift of Attention - Introductory Weekend Retreat

A great opportunity to take a break from your usual routine, learn how to meditate and deepen your experience of meditation. Retreats are a chance to try living communally and be introduced to a Buddhist vision of reality. These weekends are held at the LBC's beautiful retreat centre, Vajrasana, in the Suffolk countryside. £122/87. Led by Jnanavaca.

Sat 13 Meditation Day

A day of meditation can introduce you to new approaches and can give your practice a substantial boost. For regular meditators who know both practices. 10am-5pm. Dana. No need to book. Please bring vegetarian lunch to share.

Led by Saddhasura.

Fri 19 Strung on a Golden Thread - Buddhism, Meditation and Ritual

This new course will explore stories from the life of the Buddha. The central conceptual teachings of the Buddha will be examined, two of his main meditations practised and we will experientially feel our way into ritual, investigating how it can compliment meditation practice. All welcome. 6 wks. 2pm-4.30pm. £72/52. Led by Jayaka.

Sat 20 A Steady Focus - An Introduction to Meditation

Life can be complicated, speeded up and stressful. On this day for newcomers you can learn two meditation practices that help you cultivate a steady focus - a calm mind, suffused with positivity which will help you to live deeply in the here and now. 10am-5pm. Lunch provided. £32/23. Led by Sraddhagita.

Sat 27 Engaging the Heart Day Retreat

Are you wondering what devotion and worship mean in Buddhism? Or how to really involve your heart in your quest for meaning? Are you nervous about ritual or chanting? Join us for this day retreat at the LBC. Open to all.

10am-5pm. £32/23. Led by Srivati.

Sat 27 Film Night - The Eye of the Heart

A film about the life, vision and art of Cecil Collins - educator, poet and artist. Introductory talks on the theme of how Beauty and Imagination can aid us on the spiritual path by awakening us to the heart of practice, followed by the film screening.

7-10pm. Dana/donation. With Amitajyoti and Vidyadaka.

Mon 29 Men's Mitra Evening

Faith, Symbols and the Imagination. Faith 'To Place the Heart upon' is what can motivate us all the way to Enlightenment. We can discover this through Imagination and Symbol. Vadanya, sometimes known as Chris Pauling author of Introducing Buddhism, will expand on these themes from this module from the Dharma Training Course. 7.15pm. Dana/donation.

Led by Jayaka.

Tue 30 Full Moon Puja

These regular full moon pujas are a way of re-establishing a sense of wonder and a deeper connection with nature and reality. All welcome. Dana/donation. 8.45pm. Led by Vidyadaka.

A NEW COURSE FOR APRIL

Thu 8 Apr Meditation - the Five Essentials

Meditation is too important to be left to chance! If we are aware of, and know how to work with, the relationship between our orientation in life, the principles of meditation, and the qualities, skills and faculties needed, then meditation experience unfolds naturally. A hands-on, experiential course open to all who are interested in deepening their meditation practice. 4 week course.

Thursday evenings. April 8-29. 7.15pm -9.45pm. £50/30. Led by Vajradaka and Maitrivajri.