

## Drop In Classes

### Mondays Dharma Night R

"You are the distance Between the ideal and the real Measured in wings" Sangharakshita

This Winter a series of talks and workshops will explore the concept and experience of integration, developing harmony within and becoming 'a whole person, wholly attending'.

Mon 7.15 - 9.40pm. Suggested Donation £5.

### Tuesdays and Wednesdays Open Meditation Classes NIR

Ideal for newcomers. Drop in any week to learn two fundamental practices that cultivate awareness, peace of mind and emotional positivity. Regular meditators can also come and explore meditation more deeply on either night.

7.15 - 9.45pm. £7|5|3 on each evening.

### Wednesday Daytime Meditation and Buddhism N

We will be exploring the Buddha's teachings, with a particular attention to their relevance for our own lives. First Wednesday of each month focuses on meditation. Crèche facilities are available, with experienced staff, for children under 5.

10.35am - 12.30pm. £7|5|3.

### Fridays Meditation and Puja Evening R

An evening focusing on meditation and Buddhist ritual. An opportunity to meditate with others to support, sustain and deepen your personal practice. Buddhist ritual can help to contact the mythical realm and strengthen confidence in the Dharma.

7.15 - 9.45pm. Dana donation.

### Monday to Friday Lunchtime Drop In NIR

Every weekday lunchtime drop-in meditation sessions open to newcomers and regulars alike.

1 - 2pm. All welcome. £1 donation.

### Sunday Buddhist Sunday School NIR

Bring your child along for Buddhist stories and teachings, related craft activities and short meditations adapted for children. (No class during half-term week 21 Feb).

17 Jan - 28 Mar. 10 wks. £3|2. Led by Lilavati.

## Drop In Meditation in Central London NIR

Weekly drop-in sessions in the West End. Calm down from or brace yourself before shopping or meeting friends!

Friends Meeting House, 8 Hop Gardens, WC2 (off St Martins Lane). £5|3.

### Saturday Newcomers

Newcomers and beginners welcome. No experience necessary.

1.00 - 2pm.

### Saturday Regulars

A weekly regulars drop-in class. For those who have learned both practices.

2.20pm - 4pm.

Registered Charity No: 255420

## Daytime and Weekend Courses

### Buddhist Meditation Foundation N

Meditation may start with relaxation, but goes far beyond that - it is an art, requiring patience, openness and application. Our foundation courses provide a thorough grounding in how to work effectively with your mind, teaching you how to concentrate, become less distracted, calmer and more emotionally positive. This course is held at a venue off St Martins Lane, WC2.

Sat 16 Jan. 4wks. Central London 10.00am - 12.30pm. £72|52

Sat 13 Feb. 4wks. Central London 10.00am - 12.30pm. £72|52

Sat 10 Apr. 4wks. Central London 10.00am - 12.30pm. £72|52

### Mind Reactive Mind Creative: Awareness is Revolutionary R

The radically transforming power of awareness can free us from the habitual, automatic process of the reactive mind, enabling us to respond creatively to whatever situation we find ourselves in. Four study sessions on Sangharakshita's key teaching, 'Mind Reactive and Creative' exploring the traditional Buddhist symbols of the Wheel and the Spiral, plus one week joining the Wednesday daytime class for a practice morning. Each session will begin with meditation, so experience of both practices is needed. Creche available for under 5's; please request when you book.

Wed 13 Jan. 5wks. 10.35am - 12.30pm. Booking essential. £60|42. Led by Sudarshini.

### Strung on a Golden Thread: Buddhism, Meditation & Ritual NIR

Incidents from the Buddha's life. Ritual and why do it. How does it all hang together? In this course we will learn the central teachings of the Buddha, two of his fundamental approaches to meditation, and how ritual developed and why.

Fri 19 Mar. 6wks. 2 - 4.30pm. LBC. £72|52. Led by Jayaka.

## Evening Courses

### Introducing Buddhism N

Buddhism is timeless, yet applicable to everyday life here and now; profound, yet open to everyone to explore. It embraces the search for truth, the need for love, and the desire for meaning. Find out what Buddhism has to offer you.

Tue 12 Jan. 6wks. 7.15 - 9.45pm. £72|52. Led by Mangala.

### Who Hates the Metta Bhavana? R

The metta bhavana is potentially a radical and transformative practice. If you find the practice difficult but want to explore it more, or simply want to deepen your experience of it, this is the course for you! For those who know both meditation practices.

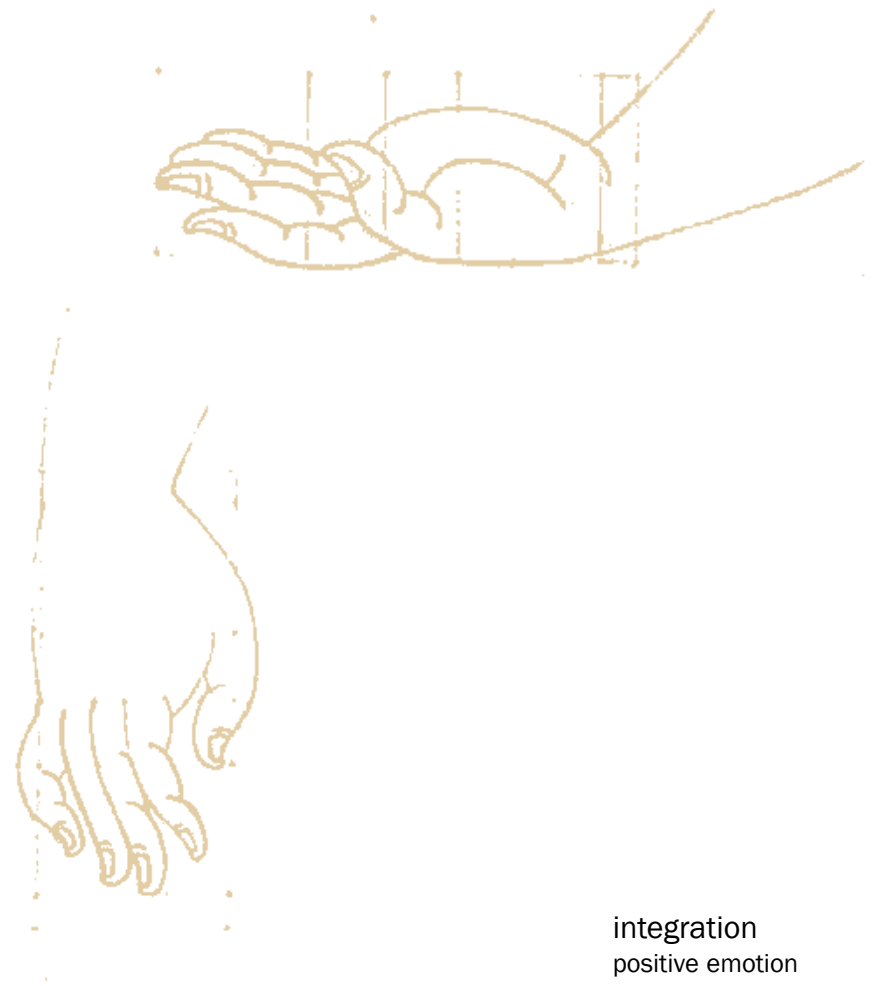
Wed 17 Feb. 6wks. 7.15 - 9.45pm. £72|52. Led by Jnanavaca.

### Buddhist Meditation Foundation N

Meditation is a means to self-awareness, change, and spiritual insight. It may start with relaxation, but goes far beyond it. This course runs at the LBC on Thursday evenings and offers a step-by-step guide to the principles of meditation. You will learn techniques you can use for a lifetime. No previous experience necessary.

Thur 14 Jan. 6wks. £72|52. and Thu 25 Feb. 5wks. £60|42. 7.15 - 9.45pm.

## LONDON BUDDHIST CENTRE PROGRAMME



courses classes retreats events

integration  
positive emotion  
spiritual death  
spiritual rebirth  
compassionate activity

# january|april 2010

### In and Out of the Six Realms R

We will explore the Six Realms presented in The Wheel of Life developing our ability to notice and follow the paths to liberation that emerge when we engage more of our awareness.

Thu 8 Apr. 4wks. 7.15 - 9.45pm. £50|30. Led by Palaka.

### Life with Full Attention - A Course in Mindfulness NIR

Mindfulness is about more life - living fully and vividly instead of being locked into rumination, or allowing life to slip away without really noticing. On this eight week course you will be guided through a systematic approach to mindfulness and authentic happiness - starting with day to day mindfulness and culminating in mindfulness of the nature of reality. The course is designed to help you practice mindfulness in your everyday life, here and now. We will be using the book 'Life with Full Attention' as our guide to daily practice. Course price includes a copy of the book.

Wed Apr 7. 8 wks. 7.15 - 9.45pm. £105|82.

Led by Maitreyabandhu (author of 'Life with Full Attention').

## New Course

### Engaging the Heart - Introduction to the Seven-Fold Puja NIR

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 experiential short course and /or the day retreat. Open to all.

Thur 25 Feb. 5 wks. 7.15 - 9.30pm. £60|42.

Day Retreat - Sat 27 Mar. 10.00am - 5.00pm. £32|23.

Led by Srivati.

[www.lbc.org.uk](http://www.lbc.org.uk)

London Buddhist Centre  
51 Roman Road E2 0HU  
020 8981 1225

reception and bookshop  
open Mon-Fri 10am-5pm

wild  
cherry  
restaurant

(next door to the lbc)

the place to meet!  
delicious vegetarian food  
coffee and cakes

Mon to Fri 10.30am-7.00pm  
Sat 10.30am-4.00pm

## Events

### Open Days N

Treat your body and mind to a day of total health. Meditation taster classes and talks on Buddhism and well-being at the LBC. Come and discover what the 'Buddhist Village' has to offer, or introduce friends or family to what you've found. Full programmes to be announced. **Sat 16 Jan and 22 May. 11am - 5pm. All events are free. No need to book.**

### Intimate with the Breath Cultivating Integration NIR

A pre-seminar evening focusing on the mindfulness of breathing as a key practice for cultivating integration. No need to book.

**Mon 11 Jan. 7.15 - 9.45pm. Led by Maitreyabandhu.**

### Mandala Evening The Great Stages of the Path NIR

Our chairman will launch the theme for next 5 years at the LBC - The Great Stages of the Path: integration, positive emotion, spiritual death, spiritual rebirth, and compassionate activity. The cycle begins with Integration, the subject of a 3-week seminar from Subhadramati and Maitreyabandhu (see below).

**Thu 14 Jan. 7.15 - 9.45pm. Dana/donation. Led by Jnanavaca.**

### Psychophysical Integration The First Challenge NIR

**The first challenge of spiritual life is how to discover "emotional equivalents for our intellectual understandings"** Sangharakshita

We often know what is in our own best interests, but we can find ourselves unable to act from that knowledge. How do we become more of a whole person? How to we integrate thought with feeling, reflection with action, aspiration with self-knowledge?

**Mon 18 Jan. 3 wks. 7.15 - 9.45pm. £7|5|3. Led by Maitreyabandhu and Subhadramati.**

### The Magic of Giving NIR

Our skills, time, qualities and energy, willingly shared and woven together, help create and sustain the LBC. A day for potential volunteers, hosted by current volunteers, exploring the magic of giving and how you might get more involved. No charge, but booking is essential.

**Sat 23 Jan. 10am - 4pm. Lunch provided. With Maitrivajri, Palaka & the volunteer teams.**

### Meditation Days NIR

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. No need to book. Dana /donation.

**Sat 30 Jan|20 Feb|13 Mar|24 Apr. 10am - 5pm. Please bring a vegetarian lunch to share.**

### Poetry East at the London Buddhist Centre NIR

**"The primary function of poetry, as of all the arts, is to make us more aware of ourselves and the world around us."** W H Auden

A new poetry venue showcasing the work of well-known contemporary poets as well as exploring the relationship between poetry and spiritual life. Mimi Khalvati has published six collections with Carcanet Press. Her most recent collection, 'The Meanest Flower' was a Poetry Book Society Recommendation, a Financial Times Book of the Year and was shortlisted for the TS Eliot Prize. She is the founder of The Poetry School. Mimi will read her poems and discuss her work and influences. Open to all.

**Sat 30 Jan. 7.30 - 10.00pm. £5. With Maitreyabandhu and Vishvantara.**

### Full Moon Pujas NIR

Modern life can alienate us from nature and the seasons. These full moon rituals are a way of re-establishing a sense of wonder and a deeper connection with the natural environment and reality. All welcome. Dana/donation. Times to be confirmed.

**Sat 30 Jan|Sun 28 Feb|Tue 30 Mar|Wed 28 Apr. No need to book.**

### Compassionate Communication R

An exploration of how the qualities of awareness and kindness developed in meditation can be brought into our everyday communication, particularly focusing on how we can deal with feelings of anger and frustration.

**Sun 31 Jan. 10am - 5pm. £23|18. Please bring a vegetarian lunch to share.**

**Led by Vajraghanta.**

### Men's Order/Mitra Day with Ratnaghosha RIGFR

An opportunity to meet other men in the LBC Sangha who want to deepen their exploration of the Dharma. Ratnaghosha will guide us through a day of study and reflection on the Bhaddali Sutta from the Majjhima Nikaya (#65 middle length discourses of the Buddha).

**Sun 21 Feb. 10am - 5pm. Lunch provided. Dana/donation.**

### A Steady Focus: An Introduction to Meditation N

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.

**Sat 27 Feb|20 Mar|17 Apr. 10am - 5pm. Lunch provided. £32|23.**

### Meditation Day for Lesbians NIR

An opportunity for lesbian and bisexual women to meet together for a day including meditation, short talks and discussion. All are welcome, whether you are new to meditation or not.

**Sun 28 Feb. 10am - 5pm. £23|18. Please bring a vegetarian lunch to share.**

**Led by Subha and Karunagita.**

### Turning the Wheel of the Dharma - Teaching at the LBC GFR

The London Buddhist Centre exists to communicate the Buddhadharmā to all - whether through teaching, team-based work, friendship or exemplification. This day explores how to improve our communication of the Buddha's message in today's world through teaching at our classes and courses. For Order Members and men and women who have asked for ordination who are currently involved in teaching.

**Sun 28 Feb. 10am - 5pm. Led by Jnanavaca, Subhadramati and Maitreyabandhu.**

### Engaging the Heart - Introduction to the Seven-Fold Puja NIR

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 experiential day retreat. Open to all.

**Sat 27 Mar. 10.00am - 5.00pm. £32|23. Led by Srivati.**

### Film Night - The Eye of the Heart NIR

**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.

**Sat 27 Mar. 7 - 10pm. Dana/donation. With Amitajyoti and Vidyadaka.**

## Retreats

### The Gift of Attention: Introductory Weekends N

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.

**12|14 Mar. £122|87. (2 days) and 30 Apr|3 May. £157|112. (3 days). Vajrasana.**

### Women's Weekend Retreat GFR

Plunge deeper into both practice and yourself in the company of like-minded Dharma-farers.

A weekend retreat for women who have asked to join the Western Buddhist Order.

**26|28 Feb. £112|82. Vajrasana. Led by Dhammadassin and Santavajri.**

### Exploring Reality: Regulars Weekend R

Reality is calling out to you to meet it more fully, by opening both heart and mind and noticing what is most true. For those with at least six month's practice of the mindfulness of breathing and metta bhavana meditations.

**9|11 Apr. £122|87. Vajrasana.**

### Cultivating Life: Gardening Weekend NIR

A weekend in the Vajrasana gardens, cultivating and nourishing the trees, plants, shrubs as well as the mind. An invigorating blend of gardening and meditation away from the city.

**16|18 Apr. £56|36. Vajrasana. £56|36. Led by Paramabandhu.**

### One Sound Among Many Sounds R

A weekend of opening the heart through voicework, the metta bhavana, and Buddhist chanting. We will use vocal exercises to free our natural voices, going on to learn and practise Buddhist chants (mantra) within simple rituals. No previous experience of singing, voicework or music-making necessary. Please feel free to bring musical instruments and/or materials to make personal offerings. Suitable for anyone who has learned the two main meditation practices.

**8|10 Jan. £122|87. Vajrasana. Led by Vishvantara with Maryam Zare-Azirani.**

## Spring Open Retreat The Wisdom of the Buddhas N

An excellent retreat for newcomers. There will be full meditation instruction, inspirational talks, discussion groups and ritual as well as time for silence, reflection and walks in the country.

On this retreat we will explore the archetypal buddhas of Buddhism.

**2|9 Apr. £295|205. Vajrasana. Led by Vidyakaya and Padmalila.**

### Working Mind Working Heart R

This retreat will focus on working harmoniously together and keeping Vajrasana beautiful, using our energy effectively to work on the mind and the environment. There will also be study, talks on Buddhism, and daily meditation. You will need to know both practices taught at the LBC.

**18|23 Apr. Sun|Fri. £62 inc. transport from the LBC. Vajrasana. Led by Abhayavajra.**

### Parents and Childrens Retreat R

An opportunity to meditate, reflect and deepen your Dharma practice. A chance to make magic, participate in rituals and renew your zest for life. Limited places, phone the LBC to express an interest in booking.

**31 May.|3 Jun. Mon|Fri. Adult £150|112. Child £38. Vajrasana.**

### Seeing, Being, Connecting NIR

An opportunity to create art work in the context of meditation, explorations of Buddhism, and Buddhist ritual. We will focus on a variety of art techniques, basing ourselves in an awareness of self and the environment, through the direct experience of earth, fire, and water. There will be tutored sessions as well as free time to develop our own work. Basic materials supplied. Please bring your own specialist materials and equipment if required. Open to all.

**Sun 27 Jun|Fri 2 Jul. £225|160. Vajrasana. Led by Saroja and Padmalila.**

## Solitary Retreat

A solitary retreat can help you deeply relax, gain clarity on the direction of your life and allow you to go deeper into your meditation practice. The LBC has two comfortable solitary huts at Vajrasana in the lovely Suffolk countryside. These huts are fitted with everything you need for a solitary retreat, as well as being not too far from London. Basic non-perishable foods provided.

**Fri to Fri. £135.** For further information go to [www.lbc.org.uk/solitaryretreat.htm](http://www.lbc.org.uk/solitaryretreat.htm)

## Festival Days

### Vajrasattva Day R

A day to meditate upon and contemplate Vajrasattva - the deeply mysterious primordial Buddha, associated with Great Purity.

**Sat 13 Feb. 10am - 5pm. Dana/donation.**

### Parinirvana Day Festival R

A day to recollect and honour the 'death' of the Buddha, and to remember and appreciate loved-ones who have died recently. More details nearer the time.

**Sun 14 Feb. 10am - 9.30pm. Dana/donation. Led by Muditasri.**

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