

WHAT'S ON JULY—SEPT

DROP IN CLASSES

@ SYDNEY BUDDHIST CENTRE

GUIDED MEDITATION

A led introduction to meditation. Suitable for beginners, open to all.

Tuesday 12.30–1.30pm

Wednesday 12.30–1.30pm

Thursday 5.30–6.15pm

Saturday 9.30–10.30am

UNGUIDED MEDITATION

For experienced meditators.

Every Saturday 9.30–10.30am

YOUNG SYDNEY BUDDHISTS

A lively and vibrant group open to 18–35 year olds who are interested in exploring meditation and Buddhism with others.

Wednesdays 7–9.15pm

By donation

COURSES

@ SYDNEY BUDDHIST CENTRE

THE SATIPATTHANA SUTTA : A JOURNEY OF SELF DISCOVERY

The Satipatthana Sutta is the Buddha's Discourse on the Foundations of Mindfulness and its teachings have been practised by followers throughout the ages. Explore, by means of this insight practice, the true nature of your body, feelings and thoughts through meditation and embodied awareness. Join the adventure of discovery of who or what we are apart from the stories we like to tell ourselves. Experience the joy of independence and freedom from all clinging...a foretaste of Liberation itself. For those with an established mindfulness practice.

Tuesdays 7–9.15pm

July 30th – Aug 27th

\$100 (\$75 concessions)

THE ART OF MEDITATION

“An image of a kingly eagle gliding high in space: Were one's mind to glide without grasping In the space of truth itself clear and void, How excellent.” Yearning to venture into the heights and depths of your mind? Come explore the terrain of freedom and insight. Through symbol, image, the spoken word, music, poetry and guided meditation, join Prakashika and Nandavani as they collaborate to share their love and experience of the practice of meditation.

Tuesdays 7–9.15pm.

Sept 3rd – Oct 1st

\$100 (\$75 concessions)

RETREATS

@ VIJAYALOKA

MEN'S WINTER MEDITATION INTENSIVE RETREAT

An opportunity to glimpse our true nature, our ultimate nature – whose name has never been known. Led by Khemadhamma, Moksavajra and Shuddha. For men who have a regular meditation practice.

An optional further week's retreat follows – enquire for more details.

Fri 5th 7pm – Sun 14th 3pm

\$575 (\$430 concessions)

ORDER & MITRA RETREAT: HEARING THE SKY

Explore key aspects of Milarepa's life and his practice of Tilopa's Six Words of Advice. This teaching has profound implications on all aspects of practice both on and off the meditation seat. The retreat will have a strong devotional focus, with puja to begin and end the day. Meditation, teaching and time for personal practice will complete this two day retreat. Led by Bodhidasa.

Fri 26th 7pm – Sun 28th 3pm

\$200 (\$145 concession)

WOMEN'S MEDITATION RETREAT

A ten day retreat exploring meditation, Dharma, movement, chanting, ritual, poetry, and communal life and work, an opportunity to experience ourselves more fully. Some experience necessary.

Thurs 1st 7pm – Sun 11th 3pm

\$585 (\$435 concessions)

INTRODUCTION TO BUDDHIST MEDITATION RETREAT

An intro to meditation, including posture and how to establishing an effective practice in your daily life. Plenty of practice and discussion, as well as time to explore the bush setting. Open to all.

Fri 30th 7pm – Sun 1st Sept 3pm

\$200 (\$145 concessions)

OPENING TO YOUR HEART WITH QI GONG & MEDITATION

You need to feel your heart energy with the whole of your being. Connect with yourself and everything around you. Open to all. Led by Yasokaruna.

Fri 6th 7pm – Sun 8th 3pm

\$200 (\$145 concessions)

MITRA RETREAT: FREEDOM IN FRIENDSHIP

Explore the liberating dimension of friendship. The Buddha declared “Kalyana mitrata (friendship) is the whole, not the half, of the spiritual life”. We shall investigate what true friendship is and what it brings to our understanding of self, other and the world. Led by Siladasa with Kamalamayi and Dharmalata.

Fri 20th 7pm – Sun 22nd 3pm

\$200 (\$145 concessions)

FAMILY RETREAT

Designed for school-aged children and their parents or carers. Activities will include meditation, parents session, drama, sports, craft, stories and songs around the campfire, and exploring the bush, river and labyrinth. All ages and levels of experience welcome!

Fri 27th 7pm – Mon 30th 3pm

\$120 (adult) \$30 (child)

RITUALS & EVENTS

@ SYDNEY BUDDHIST CENTRE

DHARMA DAY

A special festival day for the whole community dedicated to the Dharma. We will have a shared dinner, festival puja and a Dharma-themed activity. Full program available closer to date at: www.sydneybuddhistcentre.org.au

Saturday 13th July 2–4pm

By donation / All welcome

GREEN TARA PUJA: KSHANTI

Kshanti – Patience. How can we bear the difficulties life throws our way? Green Tara, the great compassionate one, asks us to remain patient, constant and kind amid the vicissitudes of life. Attend the monthly puja to Tara and meet her great forbearance. All welcome. Led by Bodhidasa as part of the ongoing “Go Green in 2019” series, a year of celebration in Green Tara.

Saturday 17th August 7–9pm

GREEN TARA PUJA: DHYANA

Dhyana – Meditation. The spiritual life can be seen to be one selfless act after another. By serving the world we make it brighter for others. But Green Tara is not only an active figure – she knows through deep meditation what is to be done and not done. Here, in this puja, we meet the Tara of meditative absorption. All welcome. Led by Bodhidasa as part of the ongoing “Go Green in 2019” series, a year of celebration in Green Tara.

Saturday 14th September 7–9pm