

SPECIAL EVENT



Realising our Purity

Empowerment of Buddha Vajrasattva

24 April 11am - 5pm (£30 inc lunch)

What do we need? We need a pure mind. With a pure mind we can enjoy everything as pure, there is no samsara, impure suffering life. Samsara exists only within an impure mind. Happiness is the appearance to a pure mind and suffering is the mere appearance to an impure mind.

An empowerment allows us to make a connection with Enlightened beings and receive the blessings of their pure body, speech and mind. Through receiving the powerful blessings of Vajrasattva and engaging in this practice we will come to gradually experience the reality of our own pure mind.

**Followed by a Retreat on 25 April 9.30am - 1pm
- gain experience and confidence on the purification practice of Buddha Vajrasattva.**

Everyone welcome

SPECIAL WEEKEND COURSE



The 4 Truths of Profound Peace

15 - 16 May 10am-1.30pm

Buddha taught 4 profound truths:

- All products are impermanent
- All contaminated things are the nature of suffering
- All phenomena are selfless
- Only nirvana is peace.

Even though we wish always to be happy and free from suffering, for as long as our minds are controlled by the deceptive wrong views of ignorance and attachment, we can never fulfil these wishes. Through gaining experience of these 4 truths, we align our mind with how things really are, and this leads us to experience the blissful truth of reality, free from all sorrow.

book online for all courses & events
meditateinhuddersfield.org

Our Founder Venerable Geshe Kelsang Gyatso



Venerable Geshe Kelsang Gyatso is a fully accomplished meditation master and internationally renowned teacher of Buddhism. He has written 23 highly acclaimed books and established over 1200 Kadampa Buddhist meditation centres and groups worldwide.

Our Resident Teacher Gen Kelsang Varahi



Kelsang Varahi is the resident teacher at the Centre and has been a student of Geshe Kelsang Gyatso for over 25 years. She is known for her clear, practical approach, her kind good heart and for showing the natural joy that comes from applying Buddha's teachings in daily life.



Vajrapani Kadampa
Meditation Centre

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meditation and modern buddhism



vajrapani
kadampa meditation centre

huddersfield

Jan - July 2021

TUESDAY CLASS 7.30pm - 9pm



Designed for beginners and open to everyone, an ideal introduction to meditation and Buddhism.

No experience necessary, you can just drop in. You are welcome to stay for refreshments & questions, after class.

12 Jan - 2 Feb How to Transform your Life with Meditation

What is meditation & discover the benefits of inner peace & happiness.

16 Feb - 9 March Finding Strength within Life's Difficulties

Where does suffering come from and how to transform it.

23 March - 20 April The Power of a Good Heart

Identify yourself correctly as our essential pure nature & grow our good heart.

4 May - 25 May The Freedom of Emptiness

What is the truth of reality & how it frees us from every suffering, in a practical way.

8 June - 20 July Meditations for Busy People

Learn how to integrate meditation into daily activities & discover its power to improve our life.

Everyone welcome

OTHER CLASSES

THURSDAY 11am - 12.30pm
The Thursday morning classes follow the same series as the Tuesday classes



Chill Down Friday

Wind down from the busy week with a relaxing meditation and short talk, followed by a delicious vegetarian meal. Enjoy good food, good company & good vibes!

26 March, 30 April, 21 May, 18 June
7pm - 9.30pm



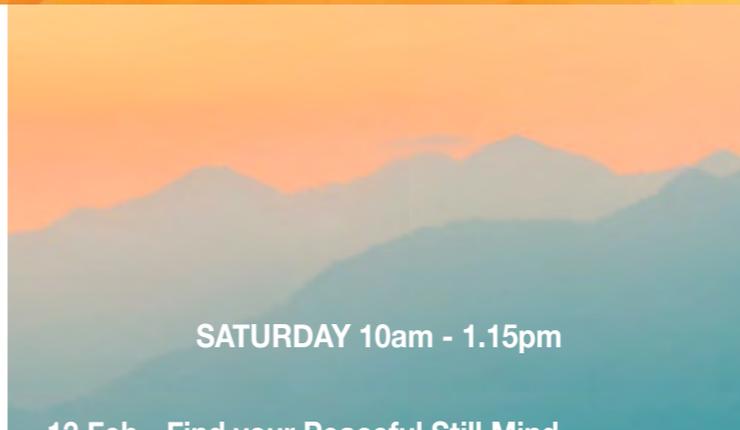
Meditation made easy & fun for children **2pm - 3.30pm**

Sessions include meditation, story, games & creative activity

- most suited for 4-11 year olds

Parents/carers accompany children in sessions.

HALF DAY COURSES



SATURDAY 10am - 1.15pm

13 Feb - Find your Peaceful Still Mind
Learn the essential practice of meditation & discover all the benefits (*with additional option half day on 14 Feb - A still mind retreat*).

13 March - Living without Worry & Anxiety
We are controlled by bad habits of mind. Learn practical methods to reduce & abandon these painful minds.

10 April - Dealing with Physical & Mental Pain
Our mind has the power to heal or harm. From understanding our mind we can harness its healing power.

8 May - How to Deeply Relax & Enjoy Life
Only by letting go of the tension of our self grasping can we truly experience a deep joy & peace.

5 June - The Confidence to be Happy with Ourselves
Learn how true confidence comes from identifying ourselves correctly as our essential kind, good heart.

3 July - Creating a Pure World
Our mind is the creator of our reality. Understand how to begin to create a pure world by purifying our mind.

RETREATS



- A chance to deepen our experience of inner peace in meditation

The Path to Peace | 15 - 16 Jan

14 Jan - 7.30pm Introduction Teaching

During this long weekend retreat, we will progress joyfully step by step on the meditations that lead eventually to the pure peace of enlightenment. The meditations guide us to improving our human nature, good qualities and our personal path of self improvement. By doing this we will be able to really benefit ourselves and all living beings.

A Still Mind | 14 Feb 9.30am - 12.45pm

Ideal for those new to meditation, as well as those with experience. In this half day retreat we will focus on our breath conjoined with mantra, to experience a deeply still, peaceful mind.

Enjoying all Appearances as the Play of Emptiness | 12 June 9.30am - 5.30pm

Buddha's ultimate view is the union of appearance & emptiness. Through beginning to understand this profound view, we will come to experience a fearless joy that welcomes all life's appearances as a manifestation of the magical play of emptiness.