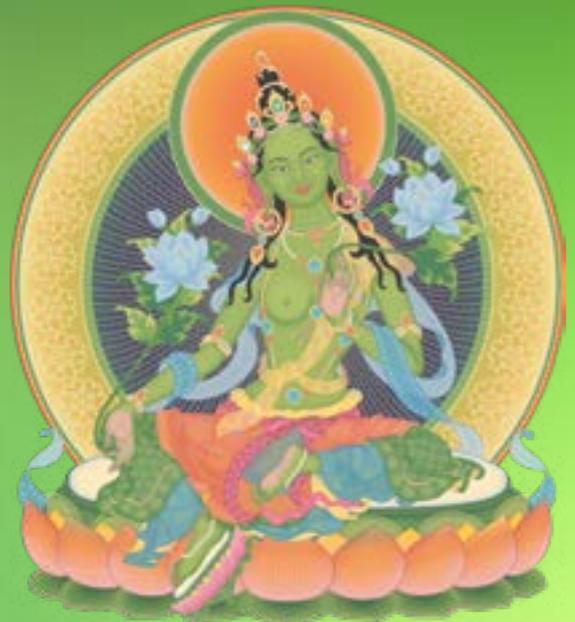


Special Event

# Green Tara Empowerment A Fearless Compassionate Heart

Sat 1 April 11am - 5pm



Everyday we experience many different types and levels of fear, from anxiety and nervousness to mental paranoia. These destroy our happiness, debilitate and overwhelm us. All Buddhas' swift compassion appears in the form of Green Tara, and through receiving her powerful blessings, she will quickly pacify all fear and anxiety and help us to develop the minds of love and compassion that will directly protect us. An empowerment is a special guided meditation through which we make a connection with enlightened beings and receive their blessings. This empowerment will be led by Gen Kelsang Varahi.

Followed by half day retreat  
Sun 2 April 10am - 1.15pm  
to gain experience of the practice of  
Green Tara.

*Everyone welcome*

Special Events

## Events with Gen-la Khyenrab



Gen-la Khyenrab is an internationally renowned teacher who is greatly admired throughout the world for his powerful teachings, his wisdom, as well as his pure example of humility and loving-kindness. We are very delighted to have Gen-la teach the following talk and special day course at Vajrapani KMC.

These events are not to be missed.

Public talk

### Lift your Life Out of the Ordinary - the power of meditation

Fri 16 June 7pm - 8.30pm

Special day course

### Being Fearless in Appearance and Emptiness

Sat 17 June 10am - 5pm

## Confidence to Change

- realising the joy of no self

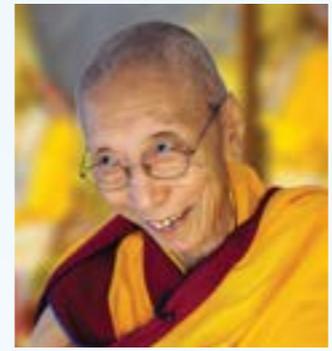
Sun 7 May 10am - 5pm



with Guest  
Teacher Gen  
Kelsang  
Chodor



## Our Founder ~ Venerable Geshe Kelsang Gyatso Rinpoche



Venerable Geshe Kelsang Gyatso 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



Gen Kelsang Varahi is the resident teacher at the centre and has been a student of Geshe Kelsang Gyatso for more than 25 years. She shares her years of experience in meditation and practise in clear and inspiring teachings, and is known for her kind, good heart and her naturally joyful example.

## Our Centre Vajrapani Kadampa Meditation Centre



Wheathouse  
Terrace,  
Birkby,  
Huddersfield  
HD2 2UY.

01484 943119



[meditateinhuddersfield.org](http://meditateinhuddersfield.org)

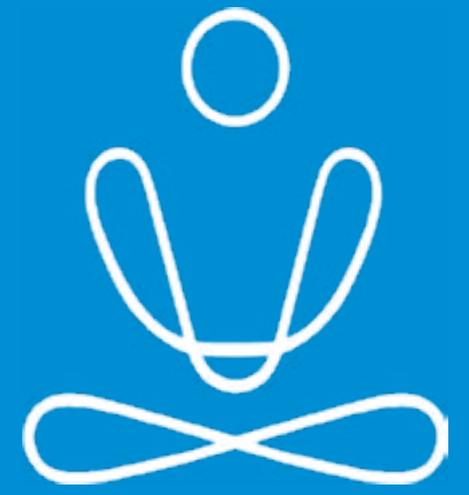
[info@meditateinhuddersfield.org](mailto:info@meditateinhuddersfield.org)

Everyone welcome

Registered Charity 1046562



# meditation and modern buddhism



# vajrapani

kadampa meditation centre  
huddersfield

classes and events jan-jul 2023



## Tuesday classes



### Tuesday Meditation Class 7.30pm - 9pm.

In our world of constant uncertainty and continual problems, we need to find real solutions from within. Learning meditation and positive wisdom advice from Buddha's teachings will help us find inner peace and protection from daily difficulties. These classes are suitable for beginners and an ideal introduction to meditation and modern Buddhism. £7 per class or book a series.

**17 Jan - 14 Feb**

### How to Get the Most Out of Life

- learn the importance of meditation.

**28 Feb - 28 Mar**

### Our Mind Matters

- what is our mind and how to control it.

**18 Apr - 23 May**

### The Art of Living (& Dying)

- the Buddhist view of the bigger picture.

**6 Jun - 27 Jun**

### Seeing Beyond Fear with Wisdom

- dispelling confusion and fear with the light of wisdom.

**4 Jul - 25 Jul**

### How to Stop Overthinking

- practical methods to bring mental peace and stillness.

*Everyone welcome*

## Other classes

### Thursday classes

Starting 19 Jan 11am - 12.30pm

Follows the same series as Tuesday evening classes.



### Chill Down Friday

17 Feb, 17 Mar, 28 Apr  
19 May, 30 Jun, 21 Jul

7pm - 9.30pm



Wind down from the busy week with a relaxing meditation and short talk, followed by a delicious vegetarian meal. Enjoy good food, good company and good vibes! Booking is essential please. £18 per person.

## Classes in Denby Dale

Tuesday Evenings 7.30pm-9pm

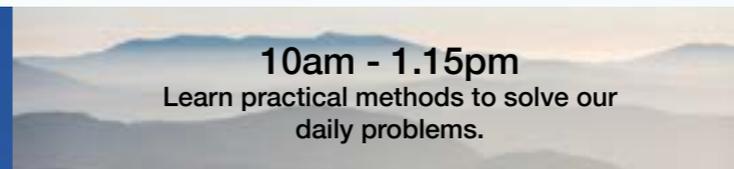


at Denby Dale Community Library  
- taught by Jim Sheridan.

Please see our website for dates and booking.

## Half day courses

10am - 1.15pm  
Learn practical methods to solve our daily problems.



Sat 4 Feb  
**How to Wake up Happy!**  
- beat the winter blues, experience the benefits of meditation.



Sat 11 Mar  
**Courage in Uncertainty**  
-finding inner strength in difficulties.



Sat 22 Apr  
**Connecting Clarity and Peace**  
-focusing on the clarity of our mind and its pure nature.



Sat 8 Jul  
**How to Never Have a Bad Day!**  
-realise how love is the real protector.

## Retreats



Retreats ...a chance to deepen our experience of inner peace in meditation.

### The Joyful Path to Inner Peace

Wed 11 Jan - Sun 15 Jan

Start the new year with positive habits. During this retreat we will be guided in meditations that transform ourself and our life into a joyful and meaningful experience. Suitable for everyone, drop into a session or attend what you can.

### The Uncommon Yoga of Inconceivability

Fri 27 Jan - Sun 29 Jan

Guided by Guest teacher Gen Kelsang Pagpa

A special opportunity to receive instructions and engage in this uncommon yoga of inconceivability of Vajrayogini, which is a very blessed and profound practice to transfer our consciousness to the Pure Land of Keajra. Suitable for those who have received Highest Yoga Tantra empowerments or those that wish to receive these at the Summer Festival 2023.

### Meditations to Heal our Mind and World

Sat 11 & Sun 12 Feb

Guided by Guest teacher Gen Kelsang Chogyong

So often we feel helpless when we and others experience suffering and problems. In this weekend retreat we will learn the power of mantra to transform our mind and meditations to heal others through the magical practice of taking and giving.