

Special Event

## Dorje Shugden Empowerment

Finding a Supreme Friend and Protector

Saturday 25 April 11am – 5pm



In challenging times we need to find protection from dangers and worries so that we can have the courage to face difficulties and make continual spiritual progress. Dorje Shugden is a Wisdom Buddha who destroys all our obstacles and gathers all the conditions we need to grow spiritually and transform life's difficulties into stepping stones to enlightenment. In this empowerment, which is a special guided meditation, we will make a heart connection with Protector Dorje Shugden and in this way always have a fearless friend and receive his continual care and blessings.

This empowerment will be granted by Gen Varahi and is suitable for and open to everyone.

Special Events

## Away Retreat at Madhyamaka Centre

Thursday 26 – Sunday 29 March

Actualising our Limitless Potential

Joint with Gen Kelsang Pagpa & Gen Kelsang Varahi



Take a real break - step away from the distractions and busyness of daily life and experience inspiration and deep inner peace. In this retreat we will focus on developing the inner wings of great compassion and wisdom, through which we can quickly transform our mind, realise our pure potential and fly to enlightenment.

### Vajradaka Burning Practice

- a powerful method to purify all our negativities and obstacles

Saturday 21 February 10am – 1.30pm

Vajradaka is an enlightened being whose function is to purify all our negative karma or potentials in our consciousness. We experience suffering and problems because of our heavy burden of negative imprints. Through engaging in this burning offering (fire puja) of Vajradaka, we can quickly and powerfully purify our mind.



This practice is suitable for all practitioners.  
(Stay on for pot luck lunch around the fire).

*Everybody welcome*

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 30 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)



Registered Charity no.1046562

# Meditate

for

## Inner and Outer Peace

in

### Huddersfield and Kirklees



# Vajrapani

Kadampa Meditation Centre

Modern Buddhism



Classes and Events | January - July 2026



## Weekly Classes

Tuesday Meditation Class 7.00pm - 8.30pm

**Begins 13 January**

Thursday 11am-12.30pm

**Begins 15 January**

Thursday classes follow the same series as Tuesday evening classes.

Learning meditation coming from Buddha's wisdom advice gives us the tools to solve daily problems and find real joy from within. These classes are suitable for beginners.

**13 Jan - 10 Feb** Meditate for mental wellness

**24 Feb - 24 Mar** How to find a life of joy and meaning

**7 Apr - 21 Apr** Letting go of negative thinking

**5 May - 19 May** How to relax with wisdom

**2 Jun - 23 Jun** The magic of successful meditation

**30 Jun - 21 Jul** Being fearless in uncertainty



## Other Classes

### Local Branch classes

(please see website for info)

Denby Dale Community Library |

Tuesdays 7.30pm

Holmfirth The Civic | Tuesdays 7.30pm

Slaithwaite The Watershed | Thursdays 11am

Mirfield Eastthorpe Hall | Saturdays monthly

**Prayers for World Peace**  
22 March, 14 June  
Sunday 11am - 12.30pm



Through the power of collective prayer and our good hearts we will create the peaceful, pure world we all wish for. Followed by a pot luck lunch with spiritual friends. **This is a free class open to everyone**

**Meditation and Afternoon Tea**  
Sundays 3pm - 5pm



17 May and 21 June

## Half day Courses Saturdays 10am - 1.15pm



### 7 February

Energise your mind -  
Learn Meditation

What is meditation and  
why it's essential



### 7 March

What is Tantra?

How to harness wisdom  
imagination



### 18 April

Don't look back in  
Anger

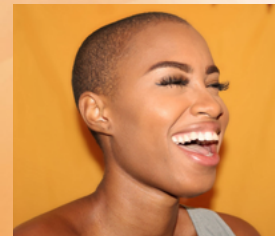
How to heal from hurt and  
grow



### 9 May

The Joy of no Self

Releasing our pain of self  
grasping



### 13 June

Love without Pain

What is the difference  
between real love and  
attachment



### 11 July

Silencing the Inner Critic

Letting go of negative  
commentary

## Retreats

### Clear Sky Mind retreat

**Saturday 17- Sunday 18 January**

Declutter your busy mind and discover the vast clear sky of a peaceful mind. In this retreat we will gain experience of the freedom of the clarity of our mind. Suitable for all levels of practitioner.



### Refuge retreat

**How to find protection in an uncertain world**

In this retreat we will begin to build and grow our own source of peace and wisdom, that is a genuine, dependable refuge from within. Suitable for everyone.



**Saturday 11- Sunday 12 April**