

TIBETAN BUDDHIST SOCIETY



Peaceful Land of Joy Meditation Centre - the traditional Tibetan temple where classes are held is to the right.

Buddhist Meditation Philosophy and Practice

New introductory series
starts Sunday 13th November at 1.30pm

Buddhism teaches that everyone can experience happiness once we understand how. This introductory series will explore the Buddhist art of finding happiness in every moment of life.

The classes will give basic instruction on how to meditate, and explain how regular meditation can improve concentration, relaxation and help to manage stress.

There will be extensive discussion of the range of Buddhist concepts including mind and its potential for happiness, the causes of our negative experiences, and the benefits of practising love, compassion and wisdom.

There will be discussion and advice on how to practically apply Buddhist philosophy to everyday life.

The series is based on the book *Essence of the Path to Enlightenment*, which is an introduction to Buddhism composed by the Tibetan Buddhist Society's Founder, Venerable Geshe Acharya Thubten Lodon.

Classes are held in the traditional Tibetan temple and are followed by afternoon tea. The facility charge is \$10. Everyone welcome.

The Tibetan Buddhist Society's Peaceful Land of Joy Meditation Centre is at 1425 Mickleham Road, Yuroke (access via Cookes Road – Melways 385 J8) (03) 9333 1770 www.tibetanbuddhistsociety.org



The course teacher is Venerable Tim McKibben, a director of the Society who studied with Venerable Geshe Lodon for many years.

VICTORIAN
multicultural
commission

The Tibetan Buddhist Society is pleased to acknowledge the assistance of the Victorian Office of Multicultural Affairs and Citizenship (OMAC) for an organisational support grant that it has provided to assist with our introductory meditation and psychology lecture series.