

Sunday Meditation Classes

Dates: 5 & 19 Sept, 3 & 17 Oct, 14 Nov, 5 & 12 Dec



Meditations for World Peace - FREE

9.30am - 10.30am

Learn the uplifting art of Buddhist meditation. Using traditional techniques, proven over two and half thousand years, we can learn to maintain a happy and peaceful mind in every situation. With such a clear and calm mind

we will bring peace to our own world and the worlds of others.



Foundation Programme

Sundays 4pm - 6pm & 7pm - 9pm

The Foundation Programme involves the systematic study of essential Buddhist texts. It is ideal for those who wish to gain a deep understanding and stable experience of Buddha's wisdom. Please call for more information.

"The essence of Dharma practice is to reduce and eventually to completely eradicate our delusions, and replace them with peaceful, virtuous states of mind."



Group/School Visits

Throughout the year by arrangement

Buddhism is taught as part of the curriculum in schools. To enhance the learning experience and see first hand living Buddhism, we offer the opportunity to visit our beautiful meditation room and find out what Buddhism means in

today's world. Alternatively we can provide speakers to attend schools. In addition, we welcome any group wishing to understand more about Buddhism and meditation.

Drop-in Meditation Classes

The classes explore how Buddhist meditation can be used to solve daily problems, develop peace of mind, improve our health and find deep meaning & purpose in life. They include guided meditations, explanation of how to meditate & discussion. They are run on a drop-in basis so you can join at any stage. Classes cost £5 per session, Friday lunch time meditation is £2.



6 Sept - 3 Oct: Introduction to Buddhism

4 Oct - 31 Oct: Advice for a Happy Life

1 Nov - 12 Dec: Transforming Difficulties

Keighley

Thursdays 10.30am - 12.00pm

Thursdays 7.30pm - 9.00pm

Fridays 12.30pm - 1.00pm

Sunday classes (see overleaf)

Buddha Land Buddhist Centre

1 Lawkholme Crescent

Barnoldswick

Mondays 7.30pm - 9.00pm

Rainhall Centre, Rainhall Road

Skipton

Tuesdays 7.30pm - 9.15pm

Swadford Centre, Swadford St

Ilkley

Tuesdays 7.30pm - 9.30pm

Friends Meeting House, Queen Rd

Burnley

Wednesdays 7.30pm - 9.15pm

Burnley & Pendle Faith Centre

Burnley Campus, Barden Lane

Settle

Mondays 7.30pm - 9.15pm

Friends Meeting House, 21 Kirkgate

(13 Sept, 11 Oct, 8 Nov & 13 Dec

only)

Grassington

Wednesdays 7.30pm - 9.30pm

The Ladies Room, Town Hall

(2 Sept, 6 Oct, 3 Nov & 1 Dec

only)

Directions

The Centre is located in the centre of Keighley, on the town square opposite the Bus Station. For directions please ring the centre or see the contact us page on our web site.



Contact Us

Buddha Land

Kadampa Buddhist Centre,

The Old School Board,

1 Lawkholme Crescent, Keighley

BD21 3NR

Tel: 01535 958189

Email: info@enjoymeditation.org



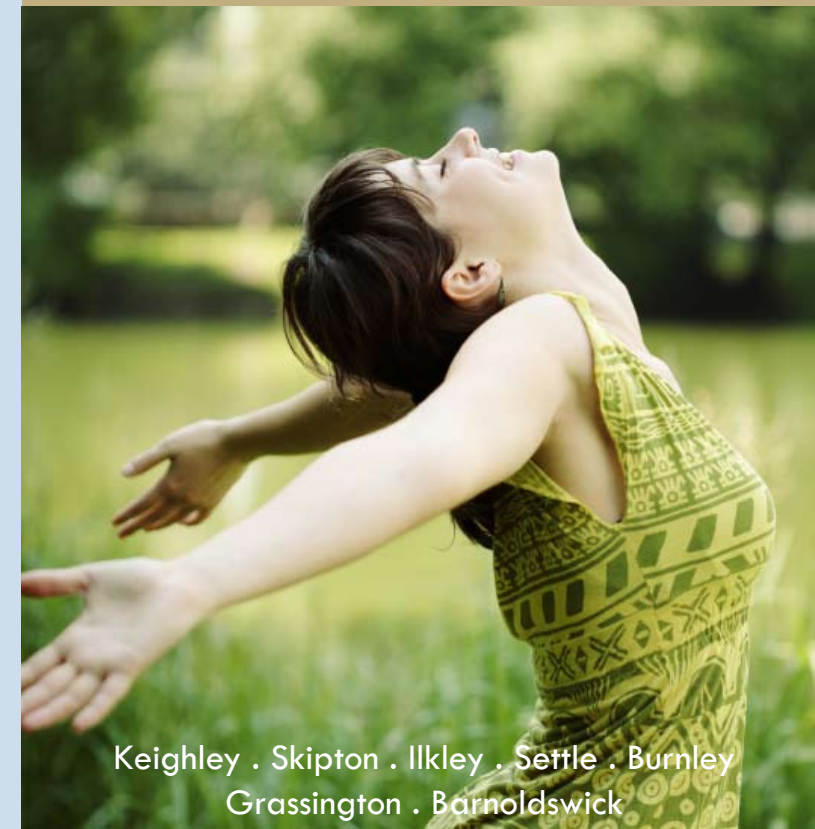
NKT - IKBU

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International Kadampa Buddhist Union
- Registered Charity 1087209

www.enjoymeditation.org

Transform your Life

Buddhist Meditation for Inner Peace



Keighley . Skipton . Ilkley . Settle . Burnley
Grassington . Barnoldswick



Buddha
Land
Buddhist
Centre

Classes and Courses
Autumn 2010

About Us



Founder

Venerable Geshe Kelsang Gyatso is a fully accomplished Buddhist meditation master. Invited to teach in the West in 1977 he has worked tirelessly to spread Kadampa Buddhism throughout the world. Through his extensive teachings, profound books and dedication he has established over 1100 centres and groups worldwide.



Resident Teacher

Gen Kelsang Päljin is a Western Buddhist Monk and close disciple of Geshe Kelsang Gyatso. He has practised and studied Kadampa Buddhism for over 12 years. Having strong faith and dedication, he is much loved by his students for his precise and clear instructions of Buddha's teachings showing how meditation can lead to lasting happiness.



The Centre

Buddha Land Kadampa Buddhist Centre is a peaceful and inspiring place where people from all walks of life can learn to meditate, gain practical understanding of Buddhism and bring about positive change in their lives. Everyone is welcome.

Meditation Workshops

The meditation workshops provide quality meditation with clear explanations of the techniques required to create stillness within. They consists of three one hour sessions. The first two sessions are guided meditations with teachings. After a light lunch there is final guided meditation, concluded with time for discussion. Cost £12.50.



Improving (our) Relationships

Sunday 26 Sept

10am - 2pm

Learn to see things from others perspective, a powerful method to improve our understanding of others that make our relationships more stable and satisfying.



Stillness Within

Saturday 16 Oct

10am - 2pm

We find it difficult to concentrate because we have restless and distracted minds. With a regular meditation practice, we can improve our concentration and experience the stillness that lies within.



Purity

Sunday 21 Nov

10am - 2pm

Authentic spiritual progress comes from uprooting the weeds of negativity in our mind so enabling spiritual realisations to flower. The 35 Confession Buddhas is a simple and powerful method of purification.

Day Courses

These courses are an ideal way to gain experience of meditation and inner peace. Each course examines a particular aspect of Buddha's teachings in depth. Particular attention is paid to how meditation can be used in practice especially in solving problems in our daily life. Cost £20 including a vegetarian lunch and refreshments.



Recycle Your Life

Sunday 10 Oct

10am - 5pm

We hear a lot about recycling our possessions and buying recycled goods but what happens to us when we and others die? Buddha taught that we pass from one life to another like a bird leaving one nest and flying to another.

In this Day Course, Gen Kelsang Päljin will explain the process of death and rebirth and how through meditation we can begin to look beyond this life and work not just for our present happiness but for that of our future selves.



White Tara Empowerment

Sunday 28 Nov

10am - 5pm

To make spiritual progress, we need three things, a long life, abundant good fortune and a wealth of wisdom. White Tara is a female enlightened being whose function is to bestow long life, good fortune and wisdom. Through receiving this Empowerment, we can make a special connection with White Tara, bringing us under her care and protection. By relying upon her with strong faith, we shall easily make spiritual progress.

Friday Evenings

Dates: 24 Sept, 15 Oct, 19 Nov, 10 Dec



Stop the Week in Style

7.30pm - 9.30pm

You are invited to relax at the end of the week at Buddha Land Buddhist Centre. Let go of the week's strains and stresses with a guided meditation and enjoy a delicious three course vegetarian meal with great company. The evening begins with a guided meditation and short talk to bring peace and spiritual focus to the week. This is followed by dinner in our delightful new cafe area. It is usually possible to cater for special dietary requirements if good notice is given. Group bookings are welcome. Please book in advance. Cost £11 (except Christmas STW £15).

Special Event

World Peace Community Café

Opening Saturday 18 Sept



Located on the ground floor of this historic and beautiful building, we invite you to enjoy an oasis of peace in the heart of Keighley. The World Peace Café is the perfect place to relax, meet friends or spend some quiet time. The Café serves a selection of hot and cold drinks, including speciality teas and coffees plus light meals, snacks and home made cakes, sourced locally and fair traded wherever possible.

Initially opening 3 days a week (Thurs, Fri and Sat), we are a community café run by a team of volunteers for the benefit of the local community and dedicated to the development of peace in this world.