



Chenrezig Practice

**Wednesday nights at 8pm
January 4 & 11th, 2012**

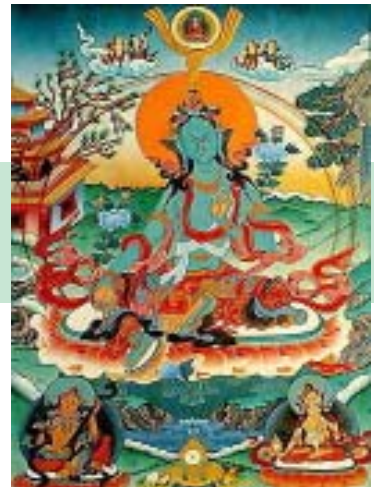
We all have the potential to be limitlessly compassionate and a powerful method for awakening this potential is by meditating on Chenrezig, the embodiment of universal compassion.

These evenings will comprise prayers, explanation of the practice, guided meditation, mantra recitation and time for questions.

Every body is warmly invited to come and experience this beautiful and transformative practice.

Green Tara Practice

**Wednesday nights at 8pm
January 18 & 25, 1 February 2012**



We will recite together the Praises to the 21 Taras and engage in Green Tara meditation.

Tara meditation is a special technique for identifying with our unlimited potential to fully develop our body and mind in order to be able to really help others. It provides a way to transform the limited perception we have of our bodies and minds so that in the beginning we can at least imagine ourselves shining with wisdom and compassion.

The evenings will comprise instruction on Tara practice, visualisation, mantra recitation and meditation. Students are welcome to ask questions.

**Monday nights in January
2, 9, 16, 23 & 30th 2012 at 8pm**

**Preparing our minds
for the year ahead**

with Judy Mayne, 2 & 9 & 16th January



The January introduction to Buddhism sessions will combine a brief talk and complementary meditation techniques on positive ways to develop more contentment, awareness and some peace of mind. There will be a focus on strategies to develop a positive start to the new year and ways to effectively deal with recurring difficulties. Meditation techniques with this aim in mind will complement the talk/discussion.

with Allys Andrews - 23rd & 30th January



Over these two Monday nights we will look at our existing resolutions for the year ahead, checking to see if they are doable and really beneficial. Settling the mind in meditation allows decision making to be clearer, and more inclusive of others. The aim is to develop a stronger, more positive mind to enable our intentions to be realised.