



Jamyang Buddhist Centre Leeds

Spring Programme 2012

A place for meditation and buddhist study

Weekly Events

Monday Meditation
Mondays: 18:30 - 19:30
9 January - 26 March



Anyone can meditate. These drop-in sessions will enable you to experience and learn basic meditation techniques to help you unwind, de-stress and calm your mind.
Suggested Donation: £5 per class

Lunchtime Meditation
Tuesdays: 12:30 - 13:00
10 January - 27 March
Thursdays: 12:30 - 13:00
5 January - 29 March

These half-hour drop-in sessions will enable you to experience basic meditation techniques to help you unwind, de-stress and calm your mind during your lunch break.
Suggested Donation: £3 per class

Discovering Buddhism Module:
Mind and Its Potential
Thursdays: 18:30 - 20:00
12 January - 16 February

This module will explore the Buddhist understanding of mind and its role in our lives regardless of whether we have a religious perspective or not. We will compare the Buddhist view of mind with the scientific view of the mind/brain and explore the vital implications of these different views. This course demonstrates how meditation and the practice of mindfulness are very effective ways to work with the mind.

Discovering Buddhism Module:
Presenting the Path
Thursdays: 18:30 - 20:00
23 February - 29 March

This module is an overview of the entire Tibetan Buddhist path to enlightenment. It covers the life story of the Buddha and the basic teachings of Buddhism, following the unique system for putting Buddhist philosophy into practice known as the lam-rim, or "graduated path to enlightenment."

Please book in advance for Discovering Buddhism Modules by telephoning 07866 760460 or emailing smile@jamyangleeds.co.uk
Suggested Donation: £6 per class or £25.00 for the complete module

Special Event

Sutra of Golden Light Recitation on Day of Miracles
Drop in between 10:30-16:30 on Thursday 8 March

Spend this auspicious day –or parts of it - in the beneficial activity of reciting the highly praised Sutra of Golden Light. Starting at 10:30, there will be individual recitation until 12:30. At 12:30 a lunchtime meditation will be followed by a break for lunch. Recitation will start again at 14:00 and finish at 16:30.

To read about the benefits of reciting this wonderful sutra please visit <http://www.fpmt.org/teachers/teachings/sutras/golden-light-sutra.html>. Please bring vegetarian food to share for lunch. It would be useful if you booked in advance but feel free to just drop in.

Pujas (Chanting Meditation)

Medicine Buddha Puja (Chanting Meditation) with full Medicine Buddha Shrine offerings
Last Tuesday of each month: 18:30 - 19:45 on 31 January; 28 February and 27 March

Plus: 10:00-11:15 Sunday 19 February

Plus: Lama Choepa Tsog Puja at 17:45 on 3 March with Geshe Tashi Tsering

Puja is a chanted prayer ceremony which shows respect and devotion. It creates merit

(positive energy) for yourself or others. You can join in the prayers and chanting from the sadhana (spiritual text) or simply sit, listen and enjoy the blessings. The monthly puja is specifically used to bring the blessings of the Medicine Buddha so come along, make offerings, participate and enjoy. Everyone is welcome.

Spirited Discussion ~ **New class**

Wednesdays once per month: 19:15 -20:30 on 25 January, 22 February and 28 March

If you enjoy thinking about topical ethical and moral issues then join us for a lively discussion from a variety of Buddhist perspectives. This term our debates will focus on Crime and Punishment, Euthanasia and Suicide and War. Suggested Donation: £5 per class

It would be useful if you booked in advance but feel free to just drop in.

Weekend Events

What the Buddha Said with Geshe Tashi Tsering

The course is divided into modules, each looking at different sutras from the collection of Buddhist sutras translated into Tibetan called the Kanjur. Geshe Tashi is offering this course because HH Dalai Lama often says that Tibetan Buddhists should study the Indian

sources for their religion, not just rely on works written by Tibetans. The modules cover sutras from the two broad styles of Buddhist practice, Hinayana and Mahayana.

Module 3 – Rice Seedling Sutra

11:00-17:30 on Sat 21 Jan and 10:30-16:00 on Sun 22 Jan 2012

11:00-17:30 on Sat 11 Feb and 10:30-16:00 on Sun 12 Feb 2012

11:00-17:30 on Sat 3 March and 10:30-16:00 on Sun 4 March 2012



Geshe Tashi will present excerpts from the Rice Seedling (Skt: Salistambha) Sutra. Though not widely known today it was considered an important Mahayana Sutra by the practitioners of ancient India. It was considered a key source for the Madhyamaka understanding of reality. The Sutra uses the analogy of the growth of a rice seedling from seed to explore dependent arising and the power of imputation. This sutra is seen as a key bridge between the Hinayana and Mahayana.

Module 4 – Inexhaustible Intelligence Sutra

11:00-17:30 on Sat 12 May
10:30-16:00 on Sun 13 May 2012

11:00-17:30 on Sat 30 June
10:30-16:00 on Sun 1 July 2012

Geshe Tashi will focus on extracts from the 'Inexhaustible Intelligence' (Skt: Aksayamati) Sutra. This Mahayana sutra sets out the inexhaustible qualities of a bodhisattva's practice and understanding in eighty topics.

The extracts will cover the sections on the Four Reliances, the Four Foundations for Mindfulness and the Four Practices starting with thorough abandonment. The Four Reliances show how to rely healthily on the practices in the Buddha's teachings and on the teachers of those practices. The Four Foundations for Mindfulness and the Four Practices set out the practices that people do when they first start on the Mahayana path.

Suggested donation: £30 per day or £55 for a complete weekend.

PLEASE BOOK IN ADVANCE

JBCL Socials

18:00 Saturday 21 January
17:30 Saturday 28 January
18:00 Saturday 11 February
19:00 Saturday 3 March

We meet at specific restaurants to share a vegetarian meal. The aim is to have a

delightful evening following Lama Yeshe's advice to 'come together for a party, for a dinner-party...'. Dharma brothers and sisters should come together and just relax and share. We drink, we eat and we share a Dharma experience.'

PLEASE BOOK IN ADVANCE

JBCL walking Social Around Grassington, North Yorkshire on Saturday 4 February

Join us for a Saturday walk from Grassington. The walk and wildlife observations will be led by Andrew Asquith and Pauline Barber who are both experienced Guides. The walk of 5-6 miles is risk assessed. If you need a lift we will meet at 09:15 at JBCL or if you have your own transport meet us at 10:30 at the main car park, Grassington.

PLEASE BOOK IN ADVANCE

The Meaning of Life - changing each day with love and compassion with Ven Tenzin Yonten

10:00-16:30 on Saturday 28 January and
10:30-16:00 on Sunday 29 January

What is the purpose of your life? Is it just for materialistic gain and pleasure? How can you lead a happy life? This weekend course will explore practical methods to develop a peaceful mind, positive relationships and a happy and peaceful society.

Ven Yonten took ordination from HH Dalai Lama in 2004, and has been studying, practising and offering service at Nalanda Monastery in France for 6 years under the guidance of Lama Zopa Rinpoche and Geshe Losang Jamphel. Ven Yonten coordinates the 5-year study programme at Nalanda Monastery with 40 full-time monastic and lay students. He also works for Liberation Prison Project by corresponding with prisoners in USA.

Suggested donation: £25 per day or £50 for a complete weekend.

PLEASE BOOK IN ADVANCE

16 Guidelines Sunday Morning Workshops with Wendy Ridley

11:00 - 12:30 Sunday 5 February (Forgiveness)
11:00 - 12:30 Sunday 18 March (Service)

The 16 Guidelines offer a practical tool for achieving a happier, more meaningful life. They are a framework that you can use to live in a way that benefits yourself and others. These 16 Guidelines workshops are suitable for people of all ages, faiths and cultural traditions. Suggested Donation: £6

Please bring vegetarian food to share for lunch after the workshop.

It would be useful if you booked in advance but feel free to just drop in.

Buddhism in a Nutshell with Ven Mary Reavey

10:00-16:30 on Saturday 25 February and
10:30-16:00 on Sunday 26 February

Buddhism in a Nutshell is an FPMT introductory course on Buddhism for beginners. It presents basic Buddhist philosophy and principles within a Tibetan Mahayana context and provides simple meditation instruction. It is also suitable for those who have done some independent reading on Buddhism and who are now interested in a systematic study. This is a wonderful opportunity to spend two days learning from such an excellent, experienced teacher as Ven Mary. Suggested donation: £50 for the weekend.

Please bring vegetarian food to share for lunch.

PLEASE BOOK IN ADVANCE

5 Tibetan Yogas Workshops: Mindfulness of the body and mind with Jenny Marshall

Saturday 17 March

Level 1: 10.00 until 13.00
Level 2: 14.00 until 16.30

The 5 Tibetan Yogas are a gentle, simple, but profound set of meditations, teachings and exercises that work on us physically, mentally and spiritually. Jenny Marshall qualified as a 5 Tibetan Yogas facilitator in Jan 2008 and is also

a qualified trainer in Mindfulness.

Level 1 is open to all who are new to the 5 Tibetan Yogas and can serve as a refresher.

Level 2 will deepen and energise your understanding and practice of the more subtle levels of these Yogas, by working directly with the mind. Level 2 is only suitable for those already familiar with the 5 Tibetan Yogas as taught by Dekyi-Lee or Jenny on previous workshops.

Please wear loose, comfortable clothes and bring a yoga mat and vegetarian food to share for lunch.

Cost: Level 1: £15
Level 2: £12.50
Both Levels 1 and 2: £25

Concessionary rates available on request.

PLEASE BOOK IN ADVANCE

Retreats

How to Meditate Retreat with Ven Mary Reavey

10:00-18:30 on Saturday 10 March
10:30-16:30 on Sunday 11 March

This non-residential weekend Retreat in the heart of the city is a first for JBCL. In the calm, peaceful atmosphere of the JBCL beautiful meditation room Ven Mary will guide us with meditation techniques to help us explore the nature of our mind. This can increase our happiness and help us cope more skilfully in our everyday lives. The emphasis will be on



meditation, clear instructions will be given and there will be opportunity for questions. Periods of silence throughout the day will enhance our meditation experience while helping to maintain the peaceful environment. Suggested donation: £50 for the weekend.

Please bring vegetarian food to share for lunch with the group.

PLEASE BOOK IN ADVANCE

Residential Retreat on Shamata and Bodhicitta with Geshe Tashi Tsering

18:00 on Friday 30 March until after lunch on
Thursday 5 April

at Ackworth School, Pontefract Road, Ackworth, WF7 7LT

JBCL is delighted to offer another spring residential meditation retreat with Geshe Tashi Tsering. During this 6 night retreat, Geshe Tashi will lead meditations to help us to become familiar with Shamata and Bodhicitta. This is a rare opportunity to learn and practise single pointed concentration techniques, essential to the achievement of Shamata. Meditations on Great

Compassion will help familiarise your mind with the profound Mahayana motivation - to become fully enlightened in order to benefit all sentient beings. There will be opportunities for discussion in order to clarify and expand understanding. You will be able to participate in periods of silence and in taking the 8 Mahayana precepts. Don't miss this opportunity to deepen your meditation practice in comfortable, peaceful surroundings. Feedback from participants of previous years retreat at this venue have been extremely positive.

Venue:

The retreat will be held at Ackworth School, Pontefract Road, Ackworth, W. Yorkshire, WF7 7LT which is a beautiful Quaker Boarding School set in its own grounds. It is located midway between Wakefield and Pontefract on the A628 close to the A1, M1, & M62. It is about a 30 minute drive from central Leeds. The nearest train stations are Pontefract (about 11 mins drive from the venue) or Wakefield (22 mins drive from the venue). We will endeavour to meet people from the railway station. Further information about the venue can be found on <http://www.ackworthschool.com>

Meals:

Vegetarian food and teas/coffee will be provided. There will be an evening meal on Friday 30 March and breakfast and lunch on Thursday 5 April. There will be 3 meals on 31 March and 4 April. On 1, 2 and 3 April Geshe Tashi will give precepts so only lunch will be

provided. Please ask for further details about the 8 Mahayana precepts.

Accommodation:

Most bedrooms are ensuite. Bedding and towels are provided. Hairdryers are not provided.

Cost:

Shared room: £350 Single room: £375

Early bird rate if full payment by 31 January:

Shared room: £320 Single room: £345

Pre-Booking is essential:

Please register early by emailing smile@jamyangleeds.co.uk. Payment in full before 31 January will save you £30. Send to Jamyang Buddhist Centre Leeds, 31 St Paul's Street, Leeds LS1 2JG with your name, address, telephone number, email address, any special dietary requirements and whether you can help with transport, setting up or dismantling.

Supporting the Retreat:

If you can give a donation to allow someone else to attend the retreat at a reduced rate it will be gratefully received.

Please let us know if you can offer help with transport or with setting up the meditation room on 30 March at Ackworth School, or dismantling it on 5 April.

PLEASE BOOK IN ADVANCE

For bookings telephone
07866 760460 or email
smile@jamyangleeds.co.uk

Costs

Money should not be an obstacle for anyone attending classes at JBCL. We encourage you to voluntarily donate whatever you can afford so JBCL can continue to exist to provide classes for you. We suggest an amount to donate in order to begin to cover the overheads of running a city Dharma centre.

Gift Aid:

Gift Aid means that for every £1 you give, JBCL gets an extra 24p from the Inland Revenue, helping your donations to go further. To qualify for Gift Aid, what you pay in tax must at least equal the amount we will claim. Please sign a Gift Aid form in order that JBCL can reclaim from the Inland Revenue the tax on your donation and please inform us if you cease to be a taxpayer. Thank you.

Invitation to become a friend

The contribution of time and effort from volunteers and the money raised from donations during classes go some way to maintain Jamyang Buddhist Centre Leeds but they by no means cover the total cost of running it. In order to fulfil the centre's aims it needs your support and you can do this by becoming a Friend.

A Friend is someone who wishes:

- to be part of the Dharma family and the Jamyang Buddhist Centre Leeds community
- to have support for their Dharma practice and to give support to others
- to support a peaceful, positive place in the heart of the city where the Buddha's teachings can flourish
- to have use of a beautiful meditation room where you will receive inspiration, teachings and an opportunity to create merit
- to demonstrate their commitment in a practical way by giving a regular donation of money or time.

Friends make the commitment of a regular donation or volunteer their time to enable JBCL to meet day to day running costs and to ensure the centre will be in Leeds for a long time to come.

Please email smile@jamyangleeds.co.uk or look on our website for further details on becoming a friend of JBCL.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Jan	3 Jan	4 Jan	5 Jan 12:30-13:00 Lunchtime Meditation	6 Jan	7 Jan	8 Jan
9 Jan 18:30-19:30 Meditation	10 Jan 12:30-13:00 Lunchtime Meditation	11 Jan	12 Jan 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Mind and Its Potential	13 Jan	14 Jan	15 Jan
16 Jan 18:30-19:30 Meditation	17Jan 12:30-13:00 Lunchtime Meditation	18 Jan	19 Jan 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Mind and Its Potential	20 Jan	21Jan 11:00-17:30 Geshe Tashi: What the Buddha Said 18:00 JBCL Social	22 Jan 10:30-16:00 Geshe Tashi: What the Buddha Said
23 Jan 18:30-19:30 Meditation	24 Jan 12:30-13:00 Lunchtime Meditation	25 Jan 19:15 -20:30 Spirited Discussion: Buddhist views on Crime and Punishment	26 Jan 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Mind and Its Potential	27 Jan	28 Jan 10:00-16:30 Ven Yonten: The Meaning of Life 17:30 JBCL Social	29 Jan 10:30-16:00 Ven Yonten: The Meaning of Life
30 Jan 18:30-19:30 Meditation	31 Jan 12:30-13:00 Lunchtime Meditation 18:30-19:45 Medicine Buddha Puja	1 Feb	2 Feb 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Mind and Its Potential	3 Feb	4 Feb Walking Social starting at 09:15 from JBCL or 10:30 at Grassington	5 Feb 11:00-12:30 16Guidelines Workshop: Forgiveness
6 Feb 18:30-19:30 Meditation	7 Feb 12:30-13:00 Lunchtime Meditation-	8 Feb	9 Feb 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Mind and Its Potential	10 Feb	11 Feb 11:00-17:30 Geshe Tashi: What the Buddha Said 18:00 JBCL Social	12 Feb 10:30-16:00 Geshe Tashi: What the Buddha Said
13 Feb 18:30-19:30 Meditation	14 Feb 12:30-13:00 Lunchtime Meditation	15 Feb	16 Feb 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Mind and Its Potential	17 Feb	18 Feb	19 Feb 10:00-11:15 Medicine Buddha Puja
20 Feb 18:30-19:30 Meditation	21 Feb 12:30-13:00 Lunchtime Meditation	22 Feb 19:15 -20:30 Spirited Discussion: Buddhist views on Euthanasia and Suicide	23 Feb 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Presenting the Path	24 Feb	25 Feb 10:00-16:30 Ven Mary: Buddhism in a Nutshell	26 Feb 10:30-16:00 Ven Mary: Buddhism in a Nutshell
27 Feb 18:30-19:30 Meditation	28 Feb 12:30-13:00 Lunchtime Meditation 18:30-19:45 Medicine Buddha Puja	29 Feb	1 March 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Presenting the Path	2 March	3 March 11:00-17:30 Geshe Tashi: What the Buddha Said 17:45 Tsog Puja 19:00 JBCL Social	4 March 10:30-16:00 Geshe Tashi: What the Buddha Said
5 March 18:30-19:30 Meditation	6 March 12:30-13:00 Lunchtime Meditation	7 March	8 March 10:30-16:30 Sutra Recitation Day of Miracles 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Presenting the Path	9 March	10 March 10:00-18:30 Ven Mary: How to Meditate Weekend Retreat at JBCL	11 March 10:30-16:30 Ven Mary: How to Meditate Weekend Retreat at JBCL
12 March 18:30-19:30 Meditation	13 March 12:30-13:00 Lunchtime Meditation	14 March	15 March 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Presenting the Path	16 March	17 March 5 Tibetan Yogas: 10:00-13:00 Level 1 14:00-16:30 Level 2	18 March 11:00-12:30 16Guidelines Workshop: Service
19 March 18:30-19:30 Meditation	20 March 12:30-13:00 Lunchtime Meditation	21 March	22 March 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Presenting the Path	23 March	24 March	25 March
26 March 18:30-19:30 Meditation	27 March 12:30-13:00 Lunchtime Meditation 18:30-19:45 Medicine Buddha Puja	28 March 19:15 -20:30 Spirited Discussion: Buddhist views on War	29 March 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Presenting the Path	30 March from 18.00 Retreat with Geshe Tashi at Ackworth School	31 March Retreat with Geshe Tashi at Ackworth School	1 April Retreat with Geshe Tashi at Ackworth School
2 April Tsog Puja Retreat with Geshe Tashi at Ackworth School	3 April Retreat with Geshe Tashi at Ackworth School	4 April Retreat with Geshe Tashi at Ackworth School	5 April Finish after lunch Retreat with Geshe Tashi at Ackworth School	6 April Good Friday	7 April	8 April Easter Sunday
9 April Easter Monday	10 April	11 April	12 April 12:30-13:00 Lunchtime Meditation 18:30-20:00 Disc Budd: Death and Rebirth	13 April	14 April	15 April

Where are we?

Jamyang Buddhist Centre Leeds
31 St Paul's Street,
Leeds,
LS 1 2JG



Tel: 07866 760460

Web: www.jamyangleeds.co.uk

Email: smile@jamyangleeds.co.uk

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Who are we?

Jamyang Buddhist Centre Leeds is affiliated to the Foundation for the Preservation of the Mahayana Tradition (FPMT) which is part of the Gelugpa tradition of Tibetan Buddhism as practised by His Holiness the Dalai Lama. FPMT is an international non-profit organisation following the Mahayana Buddhist tradition through teaching, meditation and community service. FPMT is a network of over 130 Tibetan Buddhist centres, retreat and healing centres, monasteries, nunneries, hospices, publishing houses and related activities.

FPMT was founded in 1975 by Lama Thubten Yeshe (1935-84), one of the first Tibetan Buddhist monks to bring Tibetan Buddhism to the West. The FPMT is currently guided by Lama Zopa Rinpoche with the inspiration of HH Dalai Lama. FPMT provides integrated education through which people's minds and hearts can be transformed into their highest potential for the benefit of others, inspired by an attitude of universal responsibility.

It is based on the Buddhist tradition of Lama Tsongkhapa of Tibet as taught to us by our founder Lama Thubten Yeshe and spiritual director Lama Zopa Rinpoche in accordance with advice from HH Dalai Lama.

Visit: <http://www.fpmt.org/>



Affiliated to the FPMT

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