

PROGRAMME

Winter/Spring 2012

The longer dark nights can mean there is more time to relax at home in the evenings and learn to enjoy not doing very much - often we force ourselves into being too busy and then find it difficult to naturally relax.

“A ruffled mind makes a restless pillow”

(Charlotte Bronte)

Regular Meditation Classes

For all with a “ruffled mind and restless pillow”
classes are held on

Mornings: Mon. and Sat. 9:30am - 11am

Evenings: Thursdays 7:30pm - 9pm

Film

THE CUP

Saturday 28th January at 5pm

Directed by Dzongsar Khyentse Norbu Rinpoche

Tibetan monks and the World Cup are not two topics
that one would naturally put together!

Orgyen is a football obsessed monk. He and some friends are caught sneaking back from the local bar where they have been watching their favourite sport. Thinking that sneaking out is the problem, he tries to get a TV into the monastery and so it happens that everyone at the monastery is watching as France, a nation Orgyen says has always supported Tibet, wins the World Cup.

The plot is simple and the photography is beautifully done.

The cast are the monks of the Chokling Monastery.

If you would like to be kept up-to date with events and dates of teachings let us know

contact@lamrimwg.org.uk

PHONE 01249 715152 or 01249 701941

Saturday Teachings

5pm - 6:30pm

The teachings with Geshe Thinley will continue to be based on Pabongka Rinpoche's 'Liberation in the Palm of your Hand'.

Teachings start on Sat. 4th February



How did Buddha benefit mankind by sitting in meditation?

“Anything anyone is doing to make themselves whole in their life, or realizing the Way, or becoming Enlightened - whatever the term you would use - these are all involved in service. If we realize the one-ness of life then each person is serving every other person and is reducing suffering”

Roshi Berni Glassman on
'engaged Buddhism'
in an interview on his 'street retreats'

Dr. Tamdin Bradley

Next surgery in March, Corsham

See information leaflet for more details.