



November 2009

KADAMPA MEDITATION CENTER
WASHINGTON

6556 24th Ave NW
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MeditateInSeattle.org

Events at the Kadampa Buddhist Temple

Special Events	SUN	MON	TUE	WED	THU	FRI	SAT
	<p>Post NKT Fall Festival Retreat Fri—Sun, Nov 13 - 15 During this retreat Tessa Logan, the Resident Teacher at Saraha Buddhist Center in San Francisco, will guide us through some of the essential teachings and meditations on the practice of Medicine Buddha, as explained at the 2009 NKT International Fall Festival in Italy.</p> <p>Heart Jewel Class With Gen Khedrub Weds, Nov 11, 18, 25 & Dec 2 9:30—10:45 am Heart Jewel is at the very essence of Kadampa Buddhism and is practiced every day by many people throughout the world.</p> <p>Dealing with Hard Times Free Public Talk at the Seattle Asian Art Museum Friday, November 20 7-8:30 pm It just seems a fact to us that bad times and suffering are an unavoidable part of life. But what if this didn't have to be true? Please join us for a free public talk where Gen Kelsang Khedrub will offer advice on how to transform all of our experiences into meaningful opportunities to develop strong, happy, and peaceful minds.</p>	<p>1 PWP 10am Tara 5:45pm NKT Fall Festival</p> <p>8 PWP 10am QP 2pm Tara 5:45pm FP 7pm</p> <p>15 Post NKT Fall Festival Retreat Session 1: PWP 10am Session 2: 2:30 - 3:45pm Session 3: 4:30 - 5:45pm WFJ 7:30 - 8:45pm</p> <p>22 PWP 10am Shrine Change 1:30pm Tara 5:45pm FP 7pm</p> <p>29 PWP 10am QP 2pm LPP/FP 6pm</p>	<p>2 HJ 9:30am NKT Fall Festival</p> <p>9 HJ 9:30am LTM 12pm GP 7pm</p> <p>16 Precepts 6:30am HJ 9:30am LTM 12pm GP 7pm</p> <p>23 HJ 9:30am LTM 12pm GP 7pm</p> <p>30 HJ 9:30am LTM 12pm GP 7pm</p>	<p>3 HJ 7:30am NKT Fall Festival</p> <p>10 HJ 7:30am OSG/TTP 7pm</p> <p>17 HJ 7:30am GM 6:15pm TTP 7pm</p> <p>24 HJ 7:30am GM 6:15pm TTP 7pm</p> <p>1 HJ 7:30am Sojong 9:30am GM 6:15pm TTP 7pm</p>	<p>4 HJ 9:30am NKT Fall Festival</p> <p>11 HJ Class 9:30am LTM 12pm AV 6:00pm FP 7pm</p> <p>18 HJ Class 9:30am LTM 12pm MB 6:00pm FP 7pm</p> <p>25 HJ Class 9:30am LTM 12pm OSG 7pm VS 6:00pm FP 7pm</p>	<p>5 HJ 7:30am NKT Fall Festival</p> <p>12 HJ 7:30pm TTP 7pm</p> <p>19 HJ 7:30am TTP 7pm</p> <p>26 HJ 9:30am</p>	<p>6 WFJ 7pm</p> <p>13 HJ 9:30am Sojong 11am Post NKT Fall Festival Retreat Into: 7:30pm</p> <p>20 QP 7am HJ 9:30am LTM 12pm Public Talk: Seattle Asian Art Museum 7pm</p> <p>27 HJ 9:30am LTM 12pm Powa 7pm</p>

Classes in bold are most suitable for beginners.

- FP - Foundation Program - structured study of *Eight Steps to Happiness*. Call for information.
- **HJ Class** - Heart Jewel Class - Teachings on the practice of Heart Jewel
- **GP** - General Program - Buddhist psychology class. Open to all.
- **LTM** - Learning to Meditate, open to all.
- **PWP** - Prayers for World Peace on Sunday Morning, open to all.
- TTP - Teacher Training Program - For students who wish to become Kadampa Teachers. Call for information.

Chanted Prayers

- **GM - Great Mother** - Prayers to the overcome obstacles and hindrances by reciting the *Heart Sutra*.
- **HJ - Heart Jewel** - Prayers to the Wisdom Buddha & Lamrim meditation. 1 hr.
- **LPP** - Long Protector puja. Please bring a food offering. 3-1/2 hrs.
- **OSG - Offering to the Spiritual Guide** - Praises and requests made twice a month to the Spiritual Guide. Please bring a food offering. 2 hours
- **QP - Quick Path to Great Bliss** - Tantric practitioners only. 2 hrs.
- **Powa** - Prayers and meditation for those who have died. 1 hr.
- **Sojong** - For ordained Sangha only.
- **Tara** - Homages and offerings to Buddha Tara. 1 hr.
- **WFJ - Wishfulfilling Jewel** - Prayers and requests to Je Tsongkhapa and our Dharma Protector Dorje Shugden. Please bring a food offering. 1 hr.

Key

