



November Program

From 1st November – 10th November Choeying away.

Thursday 5th November

From 6.00pm to 7.30pm

Group Meditation

This is a very special time. We meditate as a group and have a “Sharing Session” afterwards which is always fun and “Enlightening”.

(for people who have completed the CA course)

Wednesday 11th November

From 9.00am – 11.00am



Introducing the first “Everyday Mindfulness Practice”. Come and learn how to use everyday mundane activities as a wonderful meditation and experience the freshness and aliveness of “being in the moment” by learning, “Mindfulness

Meditation” techniques. We thought would start this new class by teaching you how to practice mindfulness while doing a chore most of us don’t enjoy so much - cleaning....Learn how to LOVE cleaning. This week we will practice using a Temple. Each week we will use a different mundane activity such as next Wednesday 18th November we will be learning “Walking Meditation”.

Thursday 12th November

From 6.00pm – 7.30pm

Group Meditation

(for people who have completed a Calm Abiding Course).

This is a very special time. We meditate as a group and have a “Sharing Session” afterwards which is always fun and “Enlightening”.

Friday 13th November

From 5.00pm – 6.30pm.

Group Meditation

This will include a short meditation plus more advanced teachings on Buddhist philosophy for people interested in the Buddhist Path.

From 6.30pm 8.00pm

Soor Practice (for the deceased).

If you have names of deceased friends or loved ones please call The Sanctuary on 412 555 30 02 or Ani La on: 0408257071 with the name of the deceased and the date and time of their passing and we will include them in our practice. Blessing them to reach Enlightenment or be at one with their God.

Saturday 14th November

Free Day - all day

All are welcome to use the Shrine Room for a silent meditation. Church or spiritual dwellings have always been a place to find peace and solitude. A quiet place to just sit and collect our thoughts. Please see The Sanctuary as such a place and use it

anytime for meditation or to just sit and reflect. Saturday is guaranteed to be quiet as there will be no classes only people sitting quietly. **Thank you for not talking inside the temple on this day.**

Sunday 15th - November

From 9.00am – 11.00am

Introduction to Buddhism and Calm Abiding Meditation.

This will be a small taste of Calm Abiding Meditation and Buddhist philosophy session. If you would like to have less stress in your life and more calm. Come along and see how this meditation technique can help you.

Monday 16th November

From 9.00am – 11.00am

Calm Abiding Meditation session and Buddhist philosophy teachings.

(for people who have completed the Calm Abiding Course)

Tuesday 17th November

From 6.00pm – 7.30pm

Group Meditation

This will include a short meditation plus more advanced teachings on Buddhist philosophy for people interested in the Buddhist Path.

Wednesday 18th - November

From 9.00am to 11.00am

“NEW” Mindfulness Practice

Introducing - Walking Meditation

Come and learn how to use everyday mundane activities as a wonderful meditation and experience the freshness and aliveness of “being in the moment” by learning, “Mindfulness Meditation” techniques.

This week learn how to not miss life by learning,

“How to Live each Step of Your Life”, through practising Walking Meditation

Thursday 19th November

From 6.00pm – 7.30pm

Group Meditation

(for people who have completed a Calm Abiding Course).

This is a very special time. We meditate as a group and have a “Sharing Session” afterwards which is always fun and “Enlightening”.

Friday 20th - November

From 5.00pm – 6.30pm.

Group Meditation

This will include a short Calm Abiding Meditation plus more advanced teachings on Buddhist philosophy for people interested in the Buddhist Path.

Soor Practice (for the deceased).

6.30pm 8.00pm

If you have names of deceased friends or loved ones please call, The Sanctuary on 412 555 30 02 or Ani La on 0408257071 with the name of the deceased and the date and time of their passing and we will include them in our practice blessing them to reach Enlightenment or be at one with their God.

Saturday 21st - November

Free Day - all day

All are welcome to use the Shrine Room for a silent meditation. Church or spiritual dwellings have always been a place to find peace and solitude. A quiet place to just sit and collect our thoughts. Please see The Sanctuary as such a place and use it anytime for meditation or to just sit and reflect. Saturday is guaranteed to be quiet as there will be no classes only people sitting quietly. Thank you for not talking inside the temple on this day.

Sunday 22nd - November

From 9.00am – 11.00am

Introduction to Buddhism and Calm Abiding Meditation.

This will be a small taste of Calm Abiding Meditation and Buddhist philosophy session. If you would like to have less stress in your life and more calm. Come along and see how this meditation technique can help you.

Monday 23rd November

From 9.00am – 11.00am

Calm Abiding Meditation session with Buddhist philosophy teachings

(for people who have completed the Calm Abiding Course)

Tuesday 24th November

From 6.00pm – 7.30pm

Group Meditation

This will include a short meditation plus more advanced teachings on Buddhist philosophy for people interested in the Buddhist Path.

Wednesday 25th November

From 9.00am to 11.00am

“NEW” Mindfulness Practice

Introducing – The Bell of Mindfulness Meditation

Using the empty sound of the bell to practice mindfulness is a wonderful way to practice mindfulness. Come along and experience, “The Bliss of the Bell Meditation

Thursday 26th November

From 6.00pm – 7.30pm

Group Meditation (for people who have completed a Calm Abiding Course). This is a very special time. We meditate as a group and have a “Sharing Session” afterwards which is always fun and “Enlightening”.

Friday 27th November

From 5.00pm – 6.30pm.

Group Meditation

This will include a short Calm Abiding Meditation plus more advanced teachings on Buddhist philosophy for people interested in the Buddhist Path.

Soor Practice (for the deceased).

6.30pm 8.00pm

If you have names of deceased friends or loved ones please call, The Sanctuary on 412 555 30 02 or Ani La on 0408257071 with the name of the deceased and the date and time of their passing and we will include them in our practice blessing them to reach Enlightenment or be at one with their God.

Saturday 28th November

Free Day - all day

All Welcome to use the Shrine Room for a silent meditation. Church or spiritual dwellings have always been a place to find peace and solitude. A quiet place to just sit and collect our thoughts. Please see The Sanctuary as such a place and use it anytime for meditation or to just sit and reflect. Saturday is guaranteed to be quiet as there will be no classes only people sitting quietly. Thank you for not talking inside the temple on this day.

Sunday 29th November

From 9.00am – 11.00am

Introduction to Buddhism and Calm Abiding Meditation.

This will be a small taste of Calm Abiding Meditation and Buddhist philosophy session. If you would like to have less stress in your life and more calm. Come along and see how this meditation technique can help you.

Monday 30st November

From 9.00am – 11.00am

Calm Abiding Meditation session and Buddhist philosophy teachings.

(for people who have completed the Calm Abiding Course)

Tuesday 1st December – February 2nd

Christmas Break

May all the Buddhas & Bodhisattvas bless you and your families with a peaceful and loving Christmas.



Christmas can be a time of high emotion for many people and families. All of us can change this by staying focussed on what Christmas really means. For a Christian Christmas is a time to remember the birth of Lord Jesus who showed all beings how to live with love and forgiveness. Just before he died uttering the profound words, “Forgive them Lord for they know not what they do”.

From a Buddhist perspective this is a time to remember the birth of all Divine Beings and what they show us by their teachings their and actions. It is a time for reflecting on the wisdom of Lord Buddha, “That we all have our karma and delusions. We all say and do things we wish we hadn’t from time to time. To remember to **“let go”** of **all** thoughts knowing this will protect us from giving rise to uncontrollable feelings which will in turn protect us from hurtful actions. This will make way (or create space) for your inner wisdom to freely practice deep understanding and loving kindness.

If you can let go of your thoughts and stay mindful you will see clearly, “It is their karma and afflictions and **not them**”, then you will find compassion and forgiveness for them and be better able to avoid adding fuel to the fire of conflict.

It is also important to recognise that we ourselves also have our karma and delusions just like them and maybe adding fuel to the fire of anger and resentment without knowing.

During the “space” you experience after “letting go of angry thoughts”, your innate wisdom and compassion will instantly manifest and you will not add fuel to the fire, instead you will have the ability to put out the fire of conflict with the power of your compassion and loving kindness.

If we can practice letting go of thoughts when difficulties arise you can forgive those who fall prey to their karma and afflictions and heal yourself and them through your deep understanding of their and your own **IN**ability to overcome our karma and afflictions most of the time.

May your Christmas be full of love and deep understanding of your family and loved ones and all beings on this day and every day of this precious life.

With love,
Choeying

