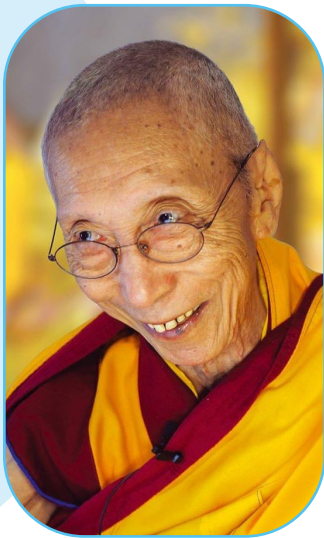


OUR FOUNDER

The Founder and Spiritual Guide of Atisha KMC is Venerable Geshe Kelsang Gyatso Rinpoche, affectionately known as Venerable Geshe-la. He is a contemporary Buddhist Master who is the driving force behind some of the most significant developments in worldwide Buddhism. Out of his great wisdom and compassion he has introduced into the modern world the pure teachings and practices of Kadampa Buddhism, presented in a way that modern people can easily understand and practise.



RESIDENT TEACHER

Gen Kelsang Chogma has been practising and teaching meditation and Kadampa Buddhism for 25 years.

Gen Chogma was ordained as a Buddhist nun in 2009 by Venerable Geshe Kelsang Gyatso Rinpoche and serves as a wonderful example of the ordained way of life in the modern world.



GOING DEEPER ~ taking Kadampa Buddhism to Heart

with Gen Kelsang Chogma

Thursdays 7 - 9pm

The Foundation Programme (FP) provides an opportunity to engage in systematic study and meditation on the essential subjects of Kadampa Buddhism based on six books by Venerable Geshe Kelsang Gyatso Rinpoche.



Participants enrol for one book at a time. The emphasis in the classes, which consist of teachings, meditation and discussion, is on gaining practical experience of Buddha's teachings that you can apply to your daily life. For more info or to arrange a month's trial please contact epc@meditationindarlington.org

HALF-DAY EVENTS 10am - 1pm

These short courses and retreats are ideal for getting some positive inspiration, gathering your thoughts and seeing things in perspective.

Suitable for all levels of experience.
£15 incl. refreshments (free for Members)

HAPPINESS FROM WITHIN Sunday 18 September

Learn simple meditations and ways of thinking that increase our inner peace and reduce our stress, anxiety, frustration and other negative minds.

RELAX YOUR MIND ~ MINI RETREAT Saturday 1 October

Through guided meditations enjoy the relaxation and peace that comes from mindfulness of the breath. You may like to spend the morning breaks observing silence to enhance your experience of inner and outer peace.

INTRODUCTION TO TANTRA Saturday 12 November

Discover the inner practices that Buddha taught in the Tantras to help us change our view of ourself, others and the whole world.

A GIFT FOR YOU ~ MINI RETREAT Saturday 10 December

Give yourself a time out for rest and reflection. This retreat is ideal self-care to improve your energy, patience, and stamina for all the added activities this time of year.

CHILDREN'S CLASS

First Sunday of each month 11am - 12noon

Sept 4, Oct 2, Nov 6 (combined with 30th birthday party)
Brief guided meditations, stories, discussions, fun games and craft activities. £2 (ideal for ages 6-11years)



INTERMEDIATE RETREATS

Aimed at students who have some familiarity with Kadam Dharma and who wish to deepen their inner experience of spiritual protection.

Session times:

10 - 11:15am, 11:45 - 1pm, 2 - 3:30pm

£4 per session or £10 per day (free for Members)



GURU SUMATI BUDDHA HERUKA MANTRA Sunday 11 Sept ~ part-guided

Reciting the name mantra of Guru Sumati Buddha Heruka.

GURU YOGA & MANDALA OFFERINGS Sunday 9 Oct ~ part-guided

Create positive mental energy and receive blessings.

VAJRASATTVA PURIFICATION Sunday 27 Nov ~ guided

Visualization and mantra recitation to purify negative karma.

NEW YEAR'S EVE CELEBRATION



24-HOUR TARA RETREAT

Session Times:

3 - 4pm

7 - 8pm

11pm - 12:05am

3 - 4am

7 - 8am

11am - 12noon

Celebrate the New Year with a peaceful, positive mind with candle-lit prayers and meditation on compassion. The 11pm session will begin with a guided meditation and will run over midnight. No charge - donations welcome.

CELEBRATING OUR 30th BIRTHDAY

JE TSONGKHAPA EMPOWERMENT

Sun 30th Oct 10am - 4pm



**EVERYBODY
WELCOME!**

To celebrate three wonderful decades of sharing Buddha's wisdom in the North East, Gen Chogma will grant a blessing empowerment of the Wisdom Buddha Je Tsongkhapa and teach how to be a modern day Kadampa - including inspiring wisdom that Venerable Geshe-la gave at the opening ceremony in 1992.

£30 includes lunch (half-price for members)

BIRTHDAY PARTY

Sun 6th Nov 11am - 1pm

A family-friendly event with fun activities for all ages, and a bring-and-share lunch.



COMMUNITY EVENTS

CHANTED PRAYERS & TEA PARTY

Saturdays during term time

6 - 7pm Wishfulfilling Jewel with tsog offering
7:15-8:30pm Tea Party
Everybody welcome!

FANCY DRESS CHRISTMAS PARTY

Sat 17th Dec 6:30 - 8:30pm

Fun quiz, buffet, party games and prizes!

VOLUNTEERING

Atisha KMC is run solely through the kindness of many volunteers. If you'd like to join our team please contact admin@meditationindarlington.org

Tuesdays 10 - 11am PRAYERS FOR WORLD PEACE

Sept 6 - Oct 11, Oct 25 - Dec 13
A short teaching, guided meditations and inspiring prayers, this class is a way to make a positive contribution to the world. FREE

**CLASSES
AT
ATISHA
KMC**

Tuesdays 7:30 - 8:45pm EIGHT STEPS TO HAPPINESS

Sept 6 - Oct 11, Oct 25 - Dec 13 with Gen Kelsang Chogma
How to find a happier way of life by learning to change our perspective, our goals and our actions through meditation. Ideal for all levels of experience.

Tuesdays & Thursdays 1pm 15 MINUTE MEDITATIONS

A short, guided meditation to relax and refresh. FREE

Fridays 10 - 11am HOW TO TRANSFORM YOUR LIFE

Sept 9 - Oct 7, Oct 28 - Dec 16 with Gen Kelsang Chogma
Practical teachings and meditations on how to develop and maintain inner peace.

Sundays 7 - 8:30pm (monthly) THE PURE BUDDHIST PRACTICE OF TANTRA

Sept 4, Oct 2, Nov 13 with Gen Kelsang Chogma
For those with Highest Yoga Tantra empowerments, or the intention to receive them at Summer Festival 2023.

Please see website for topics and class dates.

BARNARD CASTLE

First Thur of month 7:30 - 8:45pm - starts Oct 6
The Witham Hall, Horsemarket

DURHAM with Gen Kelsang Chogma

Wed 7:30 - 8:45pm - starts Sept 7
Clayport Library, Millenium Place

MIDDLESBROUGH

Wed 7 - 8:15pm - starts Sept 14
Acklam Green Centre, Acklam Road & Stainsby Road

**WEEKLY
CLASSES
IN YOUR
AREA**

INFO & CONTACT

£6 per class or four for £18 (unless stated otherwise)

Monthly Membership £35 (see website for details)

ATISHA KADAMPA MEDITATION CENTRE

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meditationindarlington.org

Charity No. 1013466

Member of the New Kadampa tradition - International Kadampa Buddhist Union



MEDITATE IN THE NORTH EAST

SEPT - DEC 2022



**ATISHA KADAMPA
MEDITATION CENTRE**
— DARLINGTON —