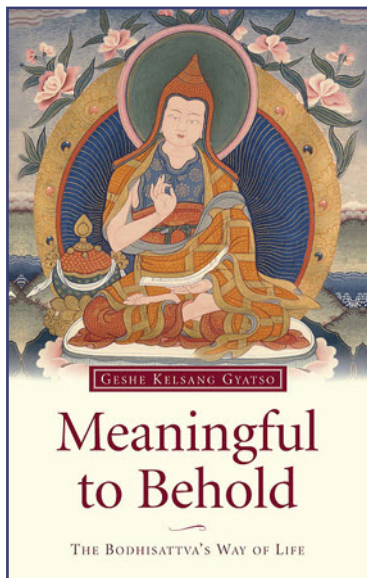


# The Foundation Programme

*An opportunity to gain deep experience of Buddhist wisdom*

We are currently studying *Meaningful to Behold* on the Foundation Programme. This wonderfully inspiring book is a modern commentary to the universally loved poem *Guide to the Bodhisattva's Way of Life*, by the 8th century Buddhist monk, Shantideva.

A bodhisattva is a friend of the world, a person who has overcome selfish intentions and tries always to benefit others. Many people have the compassionate wish to help others; but few understand how to accomplish this effectively in daily life. By relying upon the profoundly beautiful advice in Geshe Kelsang's commentary we can develop both the supremely compassionate motivation of a bodhisattva, and the confidence to transform all our daily activities into a powerful means to benefit others and progress along the spiritual path.



*'Nowadays, with the world in turmoil,  
there is a particular need for westerners to cultivate bodhichitta.  
If we are to make it through these perilous times, true bodhisattvas  
must appear in the West as well as in the East'*

GESHE KELSANG GYATSO



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## What is the Foundation Programme?

The Foundation Programme provides an ideal opportunity for those who wish to deepen their understanding of Buddhism. The programme, designed by Venerable Geshe Kelsang Gyatso, involves the study of six essential texts. Classes consist of readings with additional explanation, prayers, guided meditation and discussion. Emphasis is placed on integrating Buddha's teachings into daily life so that we can solve our human problems and become sincere spiritual practitioners.

Classes are held at Pure Land Centre on Sunday mornings from 9.00am - 1.30pm with a half hour break midway.

Students enrol for one book at a time and agree to try to attend every class for that subject. Through making this light commitment we shall come to know for ourselves the benefits of following a systematic approach.

## What does it cost?

The easiest way to cover your FP classes is to become a 'Centre Card Holder'. That means you make a regular payment, preferably by Standing Order, of £35 a month. This is effectively an annual amount paid monthly, which is why we still ask for payment during times when there are no classes.

As well as covering all your FP classes, the Centre Card covers most day courses and evening classes at Pure Land Centre and its branches (you just pay for any meals you have - lunch is £4). Becoming a Card Holder also helps Pure Land Centre because it gives us a regular income, enabling us to function as a Dharma Centre, making these teachings available to as many people as possible.

## Interested?

Please contact the Programme Teacher, [Kelsang Chonyi](#), if you would like to join. You are very welcome to try out a class (no charge) before making a commitment. Enjoy!

# Class Dates January - July 2012

Classes are held at Pure Land Buddhist Centre, 55 Union Road, Exeter

Sundays from 9.00am - 1.30pm (2 x two hour sessions with half hour break in between)

January 29th

February 12th, 19th, 26th

March 18th, 25th

April 1st, 29th

May 6th, 13th, 27th

June 10th, 24th

July 1st