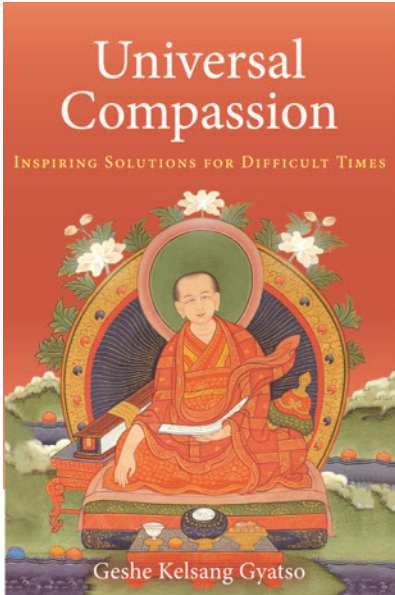


New Foundation Programme

Starting

February

2012



A special opportunity to gain deep insight into Buddha's teachings through studying "Universal Compassion". In this profoundly beautiful text Geshe Kelsang reveals methods for us to develop unconditional love and compassion and transform our day-to-day living, including even the most demanding and difficult conditions, into opportunities for personal and spiritual development.

Joining the Foundation Programme is the best way to deepen our understanding and experience of Dharma, and to enjoy the company and support of spiritual friends.

"To have the opportunity to practice this precious and profound teaching is infinitely more meaningful than being given all the precious jewels in the world. If we understand how extremely worthwhile it is to read, listen to, study, contemplate, and engage in the practice of this very special Dharma, we will do so with great faith and a happy mind."

Geshe Kelsang Gyatso

"Homage to great compassion.

This essence of nectar-like instruction is transmitted from Serlingpa.
It is like a diamond, like the sun, and like a medicinal tree"

From the Root Text



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. There are two classes a week (with quite a lot of breaks). Each class is two hours long and consists 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.

Students enrol for one book at a time and agree to try to attend every class for that subject and to memorise the essential points of the text. It will take roughly seven months to complete "Universal Compassion". Through making this light commitment we shall come to know for ourselves the benefits of following a systematic approach.

What does it cost?

To cover your FP classes you need 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 other courses, retreats 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.

Like to find out more?

Please contact the programme teacher, [Kelsang Chonyi](#) if you would like further details.. You are also welcome to try out the first two classes on February 8th and 13th (no charge) before making a commitment.

> > > Go to next page for dates and times

Provisional FP Dates; February – July 2012

February

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29				

March

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

April

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

May

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

June

M	T	W	T	F	S	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July

M	T	W	T	F	S	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

- FP dates – all classes held at Pure Land Buddhist Centre, Exeter
- Spring Festival at Manjushri Kadampa Meditation Centre, Cumbria
- Summer Festival at Manjushri KMC, Cumbria

Yes, I'm interested . . .

Just fill in and return the slip below or [email us](#) the details and we'll be in touch . . .

- I would like to join the Foundation Programme studying *Universal Compassion* in Feb 2012
- I am interested in the Foundation Programme and would like to try the first two classes starting in February 2012

Classes will be in the evenings. What time slot would suit you best? 6.30–8.30pm

7.00–9.00pm

7.30–9.30pm

Address

Tel

Email