

BUDDHA BAR PROGRAM DETAILS APRIL 17 -29

**CHAKRASAMVARA SAND MANDALA - ONGOING THRO' THE PROGRAM**

Meditating on this mandala known as the mother mandala or mandala of female energy is said to be the quickest way to enlightenment thus its reputation as the Mandala of Pure Bliss. Fully 2 metres in diameter, this richly coloured sculpture of ground marble sands from the Himalayas will be dissolved on Tuesday 29th at 4pm in an ancient tantric offering ceremony where the sands are returned to the waters of the earth.

ART FOR THE YOUNG AT HEART 11.00 -12.00 daily

Friday 18 and 25 Making a Tibetan Magic Book Saturday 19 and 26 Compassion Flowers
 Sunday 20 and 27 Make Peace Flags Monday 21 and 28 Young Monks Rope tricks
 Tuesday 22 and 29 Mani Stone painting

SMILE MEDITATION SERIES 12.00 -1.00 daily

Friday 18 Calm Awareness Friday 25 Healthy Attitude
 Saturday 19 Reprogramming Depression Saturday 26 Cultivating Fearlessness
 Sunday 20 Dissolving Hurt and Loss Sunday 27 Life is to Die For
 Monday 21 Healing with Reason Monday 28 Happiness on the Inside
 Tuesday 22 Becoming Assertive Tuesday 29 The Habit of Smiling

HAPPY HOUR TALKS 2.00 -3.00 daily

Gen Lama on the Happiness Connection

Sat 19 Relationship: Sun 20 Belonging: Sat 26 Enemies and Friends: Sun 27 Piecing it Together

Fridays/Mondays/Tuesdays: Conversations with Individual Monks - perspectives on life

GEN LAMA 'MO' READINGS 3.00- 4.00 daily Need advice, consult the ancients (offering rec'd)

JAB KHRU CEREMONY 7.30 - 9.00pm Saturdays and Sundays (By appointment & offering)

A simple and powerful cleansing /healing/blessing ceremony for creating change in your life.

BUDDHIST TALKS with GEN LAMA THUPTEN PHUNTSOK 7.30 -9.30 pm

Friday 18 Self Perfection: Mon 21 Forgiving Oneself and others: Tues 22 Friendly Fire

Friday 25: Recognizing the Basics: Mon 28 The Pain of Mediocrity: Tues 29 Interconnectedness

Enquiries: Ph 0412124678.

By Donation- Please give generously. Proceeds to Gyuto Refugee Monks.

