

Events

For those who have learnt our meditation practices
All events are on a Sunday and run 10-5 unless otherwise stated
Please bring vegetarian lunch to share on all day events

7 Aug **Meditation and Silence** Practice Day *with Dharmavasita*

28 Aug Sun 5.00- 6.30pm **Annual puja for Bhante Sangharakshita**
Led by Ratnadakini 4th of 108. With 108 white Tara mantras for his long life and good health

4 Sep **A Guide to the Bodhisattva's Way of Life** Practice Day *with Mokshini* The 'Bodhicharyavatara' by Santideva: An introduction to the Bodhisattva's way of life through readings, discussion and practice

11 Sep **The Architecture of Enlightenment:** exploring the symbolism of the stupa. Mens day with Ratnaprabha. Open to all men

18 Sep **On breaking the first fetter** *with Vajracchedika* £15/£10
Meditation day - *for those with a minimum of three years effective practice.*
An exploration of fixed self-view taking in the Contemplation of the 5 skandhas; themes around Formless Practice; how difficult times in our practice manifest and how to recognise and value them.

24 Sep Sat 2.00-5.00pm **Women4Women**
With Sraddhadipa and Debra Charlton. An afternoon in aid of Buddhist women in India to find out about and support Dhammadeena Women's Buddhist Training Centre in Lonavla, near Pune; a centre dedicated to help women realise their potential and build inner strength.

25 Sep **Danceitation Day** *with Jayagita* Meditation soars off the cushion expanding into free-form dance with music from across the world. Get out of your head with new portals to sacred pathways of the heart and experience the stillness of meditation in the vitality of dance. www.danceitation.com

2 Oct **Meditation: a poetic approach** *with Paramananda*
The day will focus on finding the imaginative ground on which our practice can rest. In particular we will be exploring the simple idea of being present with others.

6 Oct Thu 6.00-7.15pm **Padmasambhava Festival Puja** *with Jnanottara*

8-15 Oct Sat to Sat **International Urban Retreat**
Triratna Buddhist Centres all over the world will share this urban retreat together in joint practice. The theme will be the Eight Worldly Winds. Start and finish by gathering at the Centre 1.30-5.30pm on both Saturdays

23 Oct **Poetry and meditation** Practice day *with Cittavasin*

28-30 Oct Fri-Sun **Brighton Sangha Retreat at Rivendell** £115/£90/£75
For those with some experience of meditation. Join Sraddhadipa and friends for a celebration of love and friendship, with meditation, reflection and puja. Dance into connection and awareness in the afternoon (*if you wish*) What does it mean to see someone clearly? To let others be happy on their terms and not on ours? To live in uncertainty with others?
Please bring symbols of friendship; pictures of friends, teachers, Buddhist figures...

29 Oct Sat 7.00pm to 6.00am **White Night: Celebrate Utopia**
Do something different in the middle of the night. The Buddhist Centre is open for puja, workshops, chanting, stories, music and more!
If you are able to help at this event please contact the Centre

5 Nov Sat 10.00am-4.00pm **Meditation day for gay and bisexual women** £15/£10
Led by Julia Driscoll and Vajralila. Newcomers and experienced meditators welcome. Meditation helps us relax into what is present. Being with people we feel an affinity with helps provide the conditions to allow wholeness to occur. *To join Brighton Dharma Dykes contact vajralila@me.com*

12 Nov Sat **Skills auction**
A repeat of the fantastic event from last year. *Auctioneer Kavyashri;* hosted by Ratnadakini & team - More details closer to the time

13 Nov **Sangha Festival Day Retreat** including festive puja

11 Dec **Tranquility, Imagination and Insight** *with Kamalashila*
Focusing on meditation unified with dharma open to all who are familiar with our meditation practices. Kamalasila is a highly experienced meditation teacher and author of the book 'Meditation'.

25-31 Dec **Day Retreats over Christmas**
10-5pm every day, bring veggie lunch to share *More details nearer the time*

31 Dec-1 Jan evening to late **Celebrating the Changing of the Year**
See in the New Year the best way possible with meditation, puja and party
More details nearer the time

For next year's diary: 1-5 June 2012 International retreat at Taraloka
This includes two bank holidays so book your time off now

Events for Mitras and Order Members

9 Oct **Mitra day on 'Eight Worldly Winds'** *with Jnanottara and Padmavajri*

18 Oct Tues 7.30pm **Mitra Ceremonies**

22 Oct Sat 2-4.30pm **Women Mitras** *with Padmavajri and Varakhanti*

11 Nov Fri 6.00pm **Order Party** Shared meal, soiree and party pieces

15 Nov Tue 7.30pm **Mitra Reaffirmations** part of Sangha Day Celebrations

10 Dec Sat 1.30-8.30pm **Order Event** *with Kamalashila*

18 Dec 2-4.30pm **Mitra Practice Session** *with Jnanottara and Padmavajri*

For those who have learnt our meditation practices

Sangha Night Events Tuesdays 7.30pm

See the 'Weekly Emails' newsletter for further events as they occur

13 Sept **Talk by our president**, Dh. Ratnaprabha

18 Oct **Mitra Ceremonies**

11 Oct **Celebrating Dr Ambedkar**: Indian themed Full Moon Puja

15 Nov **Sangha Festival** Celebration with mitra re-affirmations

Meditation Course

12 Sept Mon 7.30 for five weeks *Led by Vajracchedika £50 (£38/25)*

For committed meditators with a minimum two years regular practice.

Continuity in mindfulness; separating direct experience from the narratives about it; the importance of breadth in meditation; the cycle of practice, and working with difficulties; managing your 'stuff' within formal practice. The evenings will include short talks and discussion, with the possibility of personal meditation interviews.

Meditation and Ritual for Men

1 Oct - 11 Dec (not 29 Oct) Saturdays 2.30-4.30pm Drop-in whenever you wish. By donation

All men welcome who are familiar with the Triratna Community meditations and rituals

Led by Jnanottara

Meditation Practice Classes

Thursday Morning 10-12 £6/4 *with Dharmakara*

Friday Afternoon Meditation 2.30pm & **Puja** 3.30pm £3/£2

A regular opportunity for devotional practice *with Amoghavajri and friends*

Saturday Morning 11-1 Fortnightly for those with min of 2 years practice within the Triratna tradition. Contact Centre for dates £6/4 *with Guyharatna*

The Small Shrine Room is available for individual practice 9.30am-3.30pm Mon-Fri

Puja

Full Moon Pujas including mantra chanting with drum.

At 7.30pm on Sun 11 Sep; Tue 11 Oct; Thu 10 Nov; Sat 10 Dec; Mon 9 Jan

For full details see 'Weekly Emails' nearer the time

Friday Afternoon Meditation 2.30pm & **Puja** 3.30pm £3/£2

A regular opportunity for devotional practice *with Amoghavajri and friends*

Padmasambhava Festival Puja 6 Oct Thu 6.00-7.15pm *with Jnanottara*

The Foundation Course on Buddhism

Tue am 10-12 Thu eve 7.30-9.30 6 weeks £60 (£45/£30)

Who is the Buddha?

13 Sep Tue *with Mokshini* / 15 Sep Thu *with Sadhaka*

The Tibetan Wheel of Life

1 Nov *with Maitrimala* / 3 Nov *with Dharmavajra*

Engaging the Heart: Ritual and Devotion

3 Jan *with Mokshini* / 5 Jan *with Dharmavajra*



BRIGHTON BUDDHIST CENTRE

Triratna

Community Programme

AUTUMN 2011

