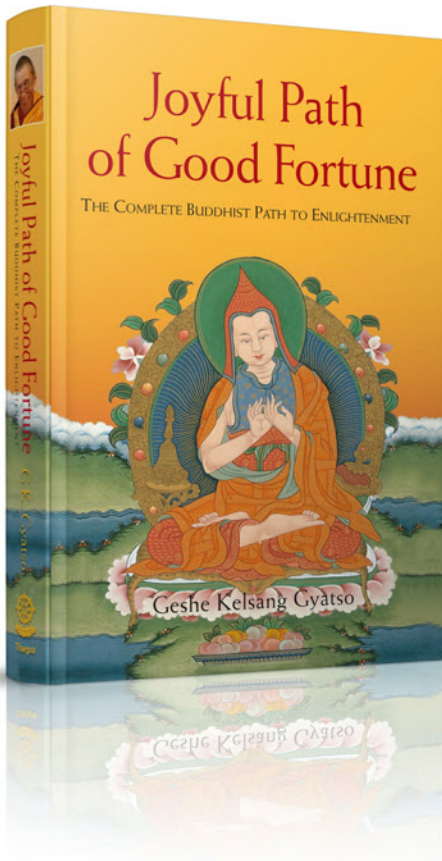


# Foundation Programme

at Pure Land Kadampa Buddhist Centre, Exeter

Wednesday Evenings



## Taking the next step ...

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

We are currently studying "*Joyful Path of Good Fortune*". This book gives an extraordinarily clear explanation of all the stages of the path to enlightenment, or Lamrim, presented step by step in a way that everyone can easily put into practice.

In particular, by studying this sublime presentation of Buddha's teachings, we will gain great confidence in our daily meditation practice which will lead to a lasting inner peace and happiness.

**Venue** Pure Land Kadampa Buddhist Centre,  
55 Union Rd Exeter, EX4 6HU  
[www.meditationinexeter.org](http://www.meditationinexeter.org)  
[info@meditationinexeter.org](mailto:info@meditationinexeter.org)  
01392 490058 Reg charity n° 1052954



## 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 commentary, 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 a section of a book at a time (*Joyful Path of Good Fortune* is divided into four sections) and agree to try to attend every class for that subject and to memorise the essential points of the text. Through making this light commitment we shall come to know for ourselves the benefits of following a systematic approach.

## When is it?

Classes are on Wednesday evenings from **6.00 till 9.30pm** (= 2 x 1½ hour sessions with a ½ hour break midway). There is a long break over the summer and also over Christmas and into January, during which time we have various retreats at the Centre.

## What does it cost?

To cover your FP classes you 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. If this fee is genuinely difficult for you to manage, let us know as we don't want lack of funds to prevent you from joining the course.

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 are interested in joining or would like further details. You can also arrange to try out a couple of classes (no charge) before making a commitment.

## Wednesday Foundation Programme ~ 2016 and early 2017

### FP Class Dates (Nov 2016 - March 2017 - further dates to follow)

**Nov 2, 9, 16, 23, 30**

**Dec 7, 14**

WINTER BREAK

(During this time there will be various retreats and other events)

**Jan 25** Offering to the Spiritual Guide puja (A special method to ripen our potential to gain authentic spiritual realisations - this will be instead of a regular FP class)

**Feb 1, 8, 15, 22**

**March 1, 8, 15, 22, 29**

Tara puja on March 8th instead of regular FP class

... FP continuing in April