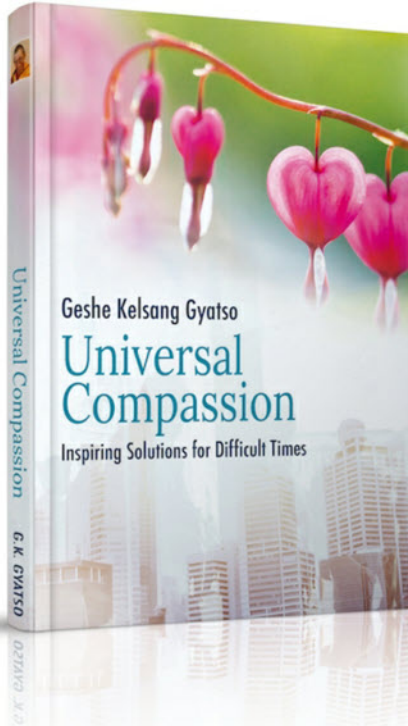


# Foundation Programme, FP

## UNIVERSAL COMPASSION

### Wednesday Evenings 7 - 9 pm



**Venue** Pure Land Kadampa Buddhist Centre,  
55 Union Rd Exeter, EX4 6HU

**W** | [meditationinexeter.org](http://meditationinexeter.org) **E** | [info@meditationinexeter.org](mailto:info@meditationinexeter.org)

**T** | 01392 490058

### From the author:

*'We need to transform whatever circumstances we meet, whether good or bad, into the spiritual path by channelling all our actions in a virtuous direction. This practice is extremely important. Those who engage in it successfully will never have to experience anxiety or discouragement but will be able to remain calm and peaceful in all circumstances.'*

### Taking the next step ...

Joining the Foundation Programme is a special way to deepen our understanding and experience of Buddha's teachings, known as Dharma.

From September 2020 we will be studying *'Universal Compassion'* by Geshe Kelsang Gyatso. The teachings and meditations in this beautiful text are perfect for the present time and empower us to live joyfully in the midst of challenge and uncertainty.

**ON LINE** Classes will be livestreamed via Zoom

**& FACE TO FACE** Up to four people can attend in person - spaces for in person attendance will be shared out so everyone who wishes to can take it in turns to come in.

Try a  
couple of  
classes for  
free

## 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.

This is an enrolled course for those who already have some experience from our other classes. Students agree to try to attend every class and to memorise the essential points of the text. Through following this systematic approach our study, contemplation and meditation will bring profound results.

## When is it?

Classes are on **Wednesday evenings from 7-9pm** and the dates for 2020 are  
September 9, 16, 23, 30 October 7, 14, 21 HALF TERM BREAK  
November 4, 11, 18, 25 December 2, 9 WINTER BREAK WITH SOME RETREAT IN JANUARY  
Resuming January 20, 2021 - and we aim to complete the text in July 2021

## 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. Concessions are available so if this fee is genuinely difficult for you to manage please let us know - 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. 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, Gen 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.