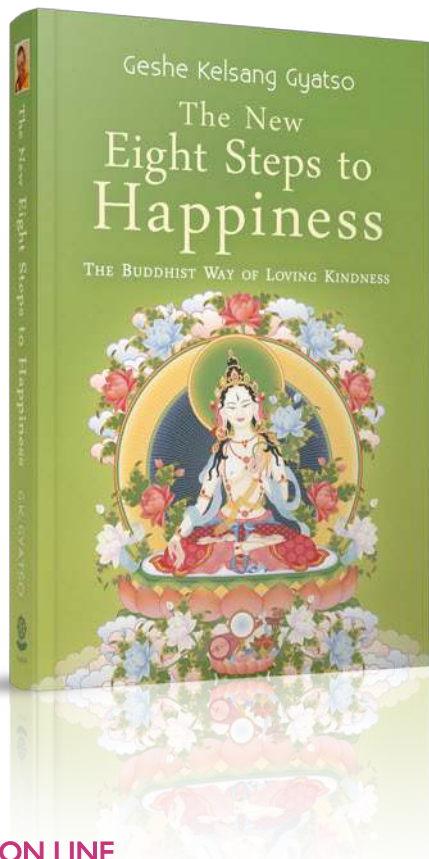


# Foundation Programme, FP

## THE NEW EIGHT STEPS TO HAPPINESS

Sunday Mornings 9.30am - 12.45pm



### 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 those who wish can take it in turns to come in.

**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

### Going Deeper ...

A special opportunity to gain deep insight into Buddha's teachings through studying "The New Eight Steps to Happiness". 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 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.

*“ I can guarantee that if you put the instructions of training the mind into practice in your daily life you will find the inner peace and joy that everyone is looking for. ”*

Geshe Kelsang Gyatso - from the book

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 **Sunday mornings from 9.30am - 12.45pm** (with a ½ hour break) On average there are 2 or 3 classes per month (we often have other events which you are welcome to attend on the Sundays where there is no FP class).

2020 Sept 6, 20 Oct 4, 11 Nov 8, 22, 29 Dec 6, 13

2021 Jan 24, 31 Further dates to be confirmed later

## ❏ 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 the FP classes, the Centre Card also covers most other courses, retreats and evening classes so you can attend as many drop-in classes and morning or day courses as you wish. 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.

