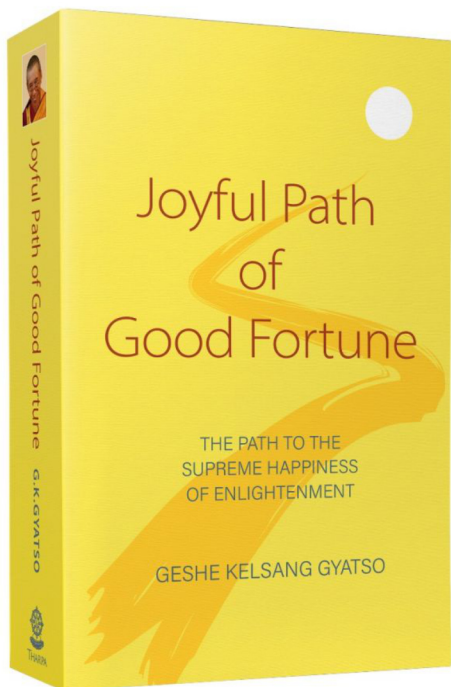


# Foundation Programme

## Joyful Path of Good Fortune

Sunday Mornings 9.30am-12.45pm



### Taking the next step ...

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

We are studying Joyful Path of Good Fortune in which Geshe Kelsang Gyatso offers step-by-step guidance on the meditation practices that lead to lasting inner peace and happiness. This is an ideal text to study to establish a strong daily meditation practice and ripen our potential for self-transformation.

### From the author

*"What we need is not displays of miracle powers but a clear example of how to enter an unmistakable spiritual path, how to practice that path comfortably and smoothly, and how to complete it successfully. This is the actual method for solving our daily problems."*

### Venue

Kadampa Meditation Centre Exeter,  
55 Union Road, Exeter, EX4 6HU **T** 01392 490058  
**E** [info@meditationinexeter.org](mailto:info@meditationinexeter.org) **W** [meditationinexeter.org](http://meditationinexeter.org)



## 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 to 12.45pm (with a ½ hour break midway).

## 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 covers all the weekly classes at Pure Land Centre and its branches and most other events (you just pay for any meals you have - eg a day course lunch is £4). Becoming a Card Holder also helps Pure Land Centre because it provides a regular income, enabling us to benefit others by making Buddha's teachings on wisdom and compassion available to all.

## 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.

