

MEDITATION & BUDDHISM



in Nottingham



**Akshobya Kadampa
Buddhist Centre**

www.meditateinnottingham.org

Sept - Dec
2017

akshobya centre



everyone welcome



Venerable Geshe Kelsang Gyatso Rinpoche is the founder of the New Kadampa Tradition. He has pioneered the introduction of modern Buddhism into contemporary society and is a perfect Spiritual Guide for the modern world and a source of inspiration for thousands of people around the world.

our tradition and teachers



Gen-la Kelsang Dekyong, General Spiritual Director of NKT-IKBU, has been a faithful student of Venerable Geshe Kelsang Gyatso Rinpoche for over 30 years.

She is recognised as a fully qualified Dharma Teacher of both Sutra and Tantra. Gen-la teaches at major Kadampa events around the world.



Gen Kelsang Gakyi, Resident Teacher of Akshobya Centre, is a sincere practitioner of Kadam Dharma and a kind, loving and inspiring teacher. Practising and teaching meditation for over 20 years, she shows a great strength of faith and good sense of humour. With her down to earth, easily accessible teachings and joyful example, she is an inspiration to all.



experience the benefits of meditation

Simply Meditate

Every Monday & Thursday

12.30pm - 1.15pm

5.30pm - 6.15pm

simple guided meditations that allow you to take forty-five minutes during your lunch break, or after work, to cultivate inner peace so you can enjoy your week with an inspired and positive mind



all drop-in classes free for members,
see page 7 for details

WEEKLY CLASSES

in **Nottingham**

at **Akshobya Centre**
Mondays - 7pm - 8.30pm

Fridays - 12.30pm - 1.30pm
(a light vegetarian lunch is available after class)

at **West Bridgford Library**
Thursdays from 11am - 12 noon

in **Lincoln**

at **Friends Meeting House**
Wednesdays from 7pm - 8.30pm

All sessions operate on a drop-in basis.
No need to book.

Times and venues for classes are
subject to change - check website for
updated details

NEW YEARS EVE 2017

Begin 2018 with a difference

TWENTY - FOUR HOUR TARA CHANTING

Tara is the female Buddha of swift compassionate action. In this powerful and much loved retreat practice we will engage in the chanted meditation (puja) of Mother Tara for one hour, every four hours for a period of twenty-four hours.

You may drop in for an individual session, but it is even more powerful to attend them all!

Bring a sleeping bag if you would like to stay over (some basic accommodation and meditation room floor space available).

The retreat is free and is a wonderful way to welcome in the New Year in a meaningful way.

Everyone is welcome.

No experience is necessary.



become a member of the centre

Becoming a member of the centre gives regular attendees access to all weekly classes for a fixed monthly rate. It also helps keep the centre running as a resource for the whole community.

Membership has its benefits:

Level 1 - £20 - access to all centre classes, as well as our branch classes around Nottingham and Lincolnshire, plus a 10% discount for our monthly day courses.

Level 2 - £35 - as Level 1 plus access to all day courses, half day courses, empowerments and covers our centre Foundation Programme.

email info@meditateinnottingham.org for further details

contributing to the centre

Akshobya Centre is a registered charity that receives no external funding and is run by volunteers for the benefit of the community.

We always need extra help on both a regular or informal basis with a variety of tasks, and any donation is gratefully received.

Please let us know if you would like to get involved.





Weekend Meditation Retreat

with Gen Kelsang Gakyi at Manjushri Kadampa Meditation Centre

29 September - 1 October

Our Resident Teacher, Gen Kelsang Gakyi, has been invited to guide a weekend meditation retreat at our mother centre, Manjushri KMC, in the beautiful setting of Conishead Priory in Cumbria.

Members of our community will be going up for the weekend and you are welcome to join us.

Please book for the course and accommodation direct on www.manjushri.org/weekend-meditation-retreats and let us know if you are interested in sharing transport.

MEDICINE BUDDHA EMPOWERMENT

AKSHOBYA KADAMPA
BUDDHIST CENTRE

SATURDAY
4 NOVEMBER

10.30am - 4.30pm

with GEN KELSANG GAKYI

According to Buddha all disease and suffering, mental and physical, are caused by our unhappy minds, negative thoughts and wrong conceptions.

Normally, these distorted minds feel deeply ingrained. However by making a connection with Medicine Buddha we can experience the pure nature of our mind, and heal ourselves of these inner diseases.

This empowerment is a beautiful guided meditation during which we will receive the blessings of Medicine Buddha, the embodiment of all enlightened healing energy.

Cost £20 - includes a light vegetarian lunch and refreshments.





‘Studying and rejoicing in
Dharma is the main cause of
great wisdom.’

Venerable Geshe Kelsang Gyatso
(Joyful Path of Good Fortune)

Foundation Programme

with Resident Teacher Gen Kelsang Gakyi

Thursdays 7pm - 9.30pm

We are currently studying 'Joyful Path of Good Fortune', which is a clear and comprehensive explanation of the entire path to enlightenment.



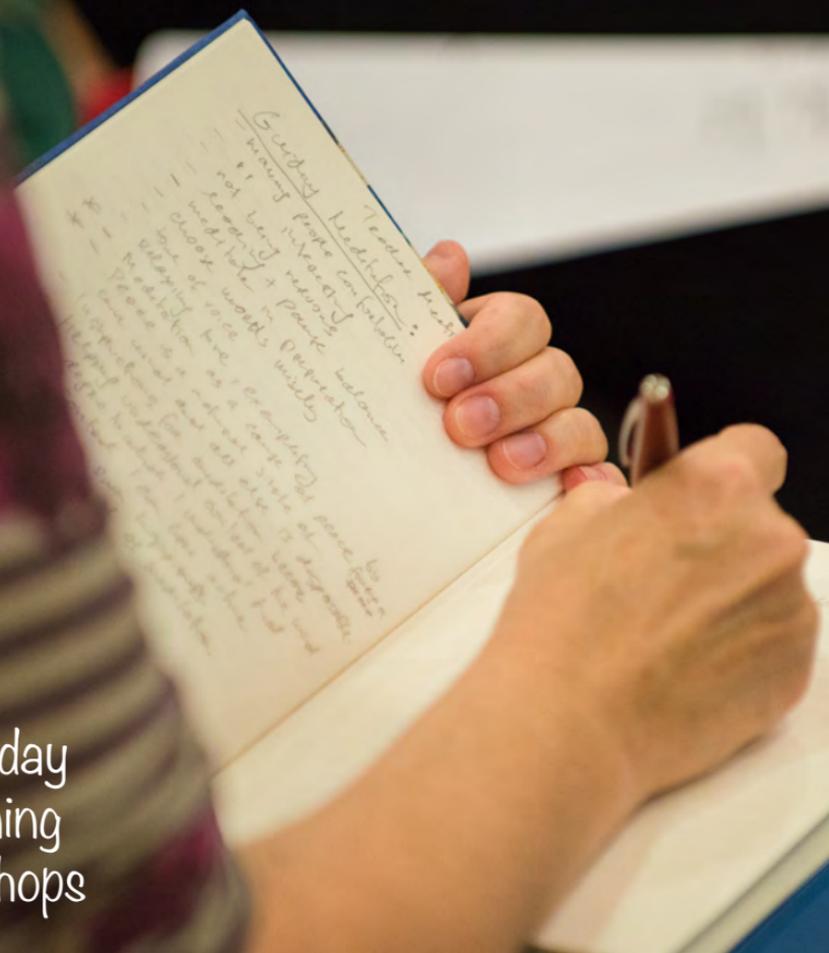
Benefits of study include:-

- Structured programme
- Focused study
- Practical understanding of Buddha's teachings
- Improving your meditation skills
- Experiencing profound personal transformation
- Meaningful discussions within a supportive spiritual community

**for further details
or to enrol contact:
education@akshobya.com**



Saturday
Morning
Workshops



explore meditation

at our saturday morning half day workshops

Our popular Saturday morning meditation workshops are a wonderful way to relax and explore practical methods of incorporating Buddha's ancient wisdom into our daily lives.

Find out for yourself how changing your mind changes your experience.

Wherever possible these courses will be taught by our resident teacher, Gen Kelsang Gakyi.

9.45am - 1.00pm (including refreshment break)

upcoming courses

23 September - choose happiness

21 October - loving kindness

2 December - pure mind pure world

schools and community visits

Schools: Learn about Buddhism, practise meditation and enjoy interactive activities. You are welcome to visit us or we can visit you. Information and costs are on the website.

Community Visits: Please contact our team to discuss your requirements. Options include one-off sessions or mindfulness and meditation courses tailored to your needs.



international festivals

2017 NKT-IKBU INTERNATIONAL FALL FESTIVAL

Blessing empowerment of Buddha Avalokiteshvara
and teachings on universal compassion

October 6 - 12

At this festival, Gen-la Dekyong will explain the essential practices of training the mind (Lojong) based on Venerable Geshe Kelsang Gyatso Rinpoche's book *Universal Compassion*. The practices of training the mind are exceptionally powerful methods for overcoming our delusions, especially our self-cherishing, and for gaining deep realizations of conventional and ultimate bodhichitta. In this way, we can attain the real meaning of our human life – enlightenment.

This year's Fall Festival is held in the beautiful surroundings of Tharpaland International Retreat Centre in Germany.

Booking and further information can be found at:
www.kadampafestivals.org/fall



calendar

- SEP** 2-3  Guru Yoga and Mandala Offering Retreat
15-17  Northern Dharma Celebration
22  Buddha's Return from Heaven Day
23  Choose Happiness (half-day course)
29-1 Oct  Manjushri KMC Weekend Retreat

- OCT** 6-12  Fall Festival
20  Work a Day for World Peace
21  Loving Kindness (half-day course)
-  Retreats
 Akshobya workshops
 Other venues
 NKT events

- NOV** 4  International Temples Day
 Medicine Buddha Empowerment

- DEC** 2  Pure Mind Pure World (half day course)
16-17  Vajrasattva Retreat
31  24 hour Tara Chanting

prices

45 minute class £3

60 minute class £4

90 minute class £6

Half Day £15

Full Day £20

Centre Members *

term times

4 Sept - 21 Oct
30 Oct - 15 Dec

* See page 7 for membership details

Contact us:

email: info@meditateinnottingham.org

telephone: 0115 985 7356

www.meditateinnottingham.org

Our address:

5 Pelham Road (off Sherwood Rise)

Nottingham

NG5 1AP.

We are a five minute walk from Forest Recreation Ground.

At the roundabout go up Sherwood Rise, Pelham Road is second right.



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find us on facebook:
akshobya buddhist centre

Charity number:
1028414

