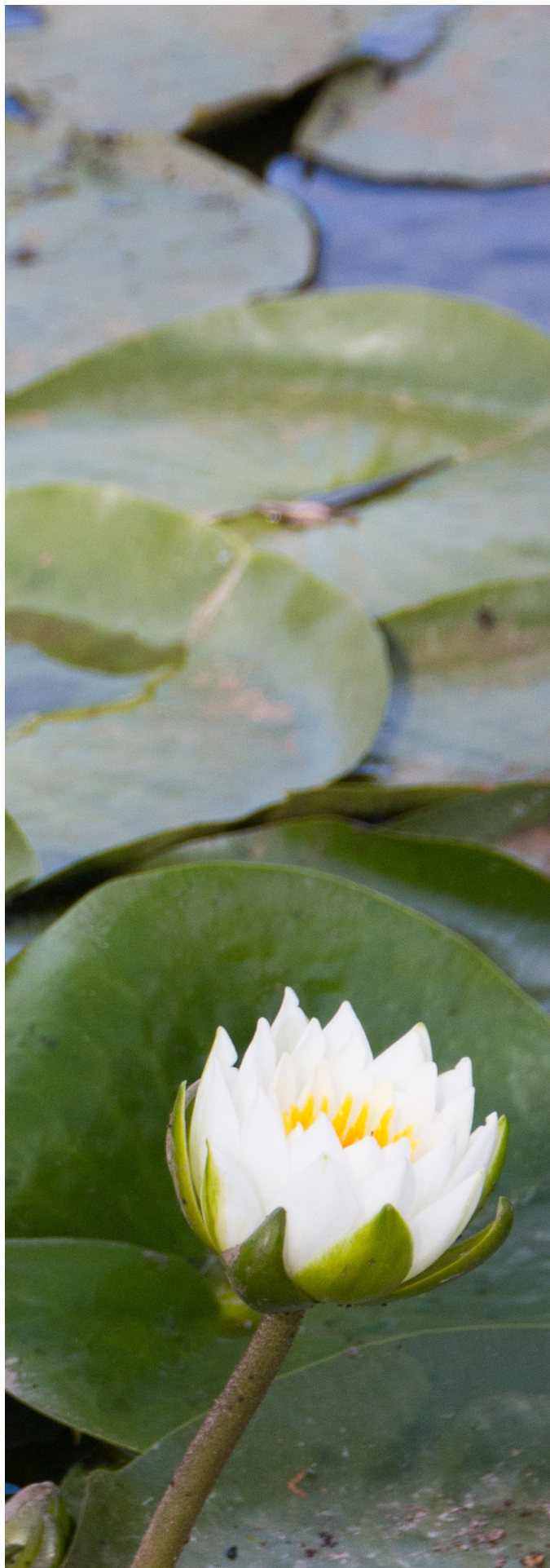




**MILAREPA
BUDDHIST CENTER**

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FALL 2018



Fall 2018 Classes & Meditation

FALL CLASSES

THE DHARMA JOURNEY I *~start where you are*

These classes will introduce you to meditation and the philosophical landscape of the inward journey. It is not necessary to be interested in "becoming a Buddhist" in order to participate.

The Journey Within I - an introduction to meditation

This class is an exploration of beginning meditation. Tim will introduce you to mindfulness meditation and review of contemporary scientific understanding of benefits of meditation.

teacher: Tim M. | 3 Wednesdays: Sep 19 & 26 / Oct 3 | time: 7-9:00pm

fee: \$42, registration required / members attend free of charge

The Journey Within II

This class will continue the exploration of beginning meditation. Tim will teach how to work with our emotions and obstacles as we progress.

teacher: Tim M. | 4 Wednesdays: Oct 24, 31 / Nov 7, 14 | time: 7-9:00pm

fee: \$48, registration required / members attend free of charge

Beginning Buddhism Book Club

We will meet twice this fall for discussion and fun. Our first book will be Pema Chodron's accessible and wonderful book, *The Wisdom of No Escape*. Snacks provided. The book is available at Prairie Lights or Amazon.

Thursdays: Oct 11 & Dec 6 | time: 7-8:30pm

fee: none, registration required

THE DHARMA JOURNEY II *~awakening compassion*

These classes, meditations and experiences will both deepen and broaden your meditation and provide an intellectual understanding of the basis for transformation.

Class: Discovering the Buddhist Path I: From Hinayana to Mahayana

In this course we will focus on some major transformations within the tradition from its starting point in Buddha's awakening to the formation of the Buddhist community, its scriptures, and its practices.

teacher: David K. | 6 Mondays: Sep 24 / Oct 1, 8, 15, 22, 29 | time: 6:30-7:30

fee: \$42, registration required / members attend free of charge

Book Discussion: Discovering the Masters Series : The Way of the Bodhisattva

This fall we will discuss *The Way of the Bodhisattva*, by Shantideva. The book is available at Prairie Lights or Amazon.

facilitator: David K. | 6 Mondays: Sep 24 / Oct 1, 8, 15, 22, 29 | time: 8:00-9:00pm

fee: \$42, registration required / members attend free of charge

Class: Introduction to Tantric Meditation - Intensive

This class will introduce you to tantric empowerments, creation and completion practices and will include a sadhana practicum. *(This class will be an excellent preparation for the Amitabha empowerment to be given by Khenpo Choephel Nov 1-4)*

teachers: Ellen Marie L. & Naomi B. | Saturday: Oct 20 | time: 9am-noon

fee: \$21, registration required / members attend free of charge

Fall 2018 Classes & Meditation

FALL MEDITATION SESSIONS

Meditation Group: **Mindfulness Meditation**

This group will practice basic silent meditation that can be used by anyone to achieve greater peace and stability.

6 Mondays: Sep 24 / Oct 1, 8, 15, 22, 29 | time: 9-9:30am

fee: none, *drop-in*

Meditation Group: **Guided Compassion Meditation - Om Ah Hung**

This practice will introduce you to a Tibetan Buddhist guided meditation – using the mantra *Om Ah Hung* – that can be used by anyone to achieve compassion and lovingkindness.

Sundays: Sep 23, 30 / Oct 7, 14, 21, 28 / Nov 25 / Dec 2, 9, 16, 23 | time: 10:00-10:30 am

fee: none, *drop-in*

Meditation Group: **Green Tara Orientation & Meditation**

In this group we practice the Green Tara meditation in order to cultivate loving kindness, compassion and mindfulness. If you have never done Green Tara meditation, we suggest you come to the 20 min. orientation.

Sundays: Sep 23, 30 / Oct 7, 14, 21, 28 / Nov 25 / Dec 2, 9, 16, 23

Orientation: 10:30-10:50am

Regular practice time: 11-11:45

fee: none, *drop-in*

Medicine Buddha Meditation

During Medicine Buddha meditation we cultivate loving kindness, compassion and healing towards ourselves and others. Everyone is welcome regardless of your level of experience with meditation.

Sundays: Sep 23, 30 / Oct 7, 14, 21, 28 / Nov 25 / Dec 2, 9, 16, 23 | **time:** noon-12:45

fee: none, *drop-in*

Meditation Group: **Milarepa Guru Yoga Meditation**

The Guru Yoga of the Great Saint Milarepa called “the Glorious Blazing Wisdom.”

Sundays: Oct 14 / Nov 4* / Dec 16 | time: 6:00-8:00 pm

**this practice will be with Khenpo Choephel*

fee: none, *drop-in*

COMMUNITY POTLUCK

We will meet three times this fall for a vegetarian potluck. See website or contact us for details.

Fri, Oct 5 / Fri, Dec 14 | time: 6:00-8:00 pm

SPECIAL EVENT: Khenpo Choephel to teach – November 1-4

Khenpo Choephel will return to Iowa City to offer meditation instruction and Buddhist teachings. Please check out our website for details.

register: www.milarepaiowa.org

1570 S. 1st Avenue, suite I, Iowa City, IA 52240

(Across from Java House on 1st Ave.)