

Milarepa Buddhist Center

November & December Meditation

SUNDAYS

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. Everyone is welcome!

Sundays: Nov 4, 11, 18, 25 / Dec 2, 9, 16, 23 | **time:** 10:00-10:30 am

fee: none, *drop-in*

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: Nov 4, 11, 18, 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: Nov 4, 11, 18, 25 / Dec 2, 9, 16, 23 | **time:** noon-12:45

fee: none, *drop-in*

Milarepa Guru Yoga Meditation

The Guru Yoga of the Great Saint Milarepa called “the Glorious Blazing Wisdom.” We recommend that you have taken refuge or that you have received the empowerment before attending this practice.

Sundays: Nov 4 / Dec 16 (*once a month*)

time: 6:00-8:00 pm

fee: none, *drop-in*

COMMUNITY POTLUCK

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

Fri, Dec 14 | **time:** 6:00-8:00 pm
