

Sunday, January 18, 2009
11:30 am (following meditation)
Eric Weinberg from Columbus KTC
will visit us to speak on:

STARTING A DAILY BUDDHIST PRACTICE

Taking the elements of the Buddhist path and bringing them to life in an authentic and personal expression.

The idea is to develop a personal practice that powerfully evokes the altruistic attitude, creates causes for us to glimpse Buddha nature again and again, and train our minds.

The challenge is to develop what is necessary and sustainable in daily life. We'll talk about home shrine practice, refuge, and the selection and benefits of deepening a personal practice.

The sixth in a series of eight **Introduction to Buddhism** classes developed by Lama Kathy Wesley and the instructors at Columbus KTC.

- The Three Jewels
- Life of the Buddha
- The Three Vehicles
- Understanding Lineage
- Buddha Nature
- Starting a Daily Practice**
- Taking Refuge
- The Practice of Tong-len

Athens KTC

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