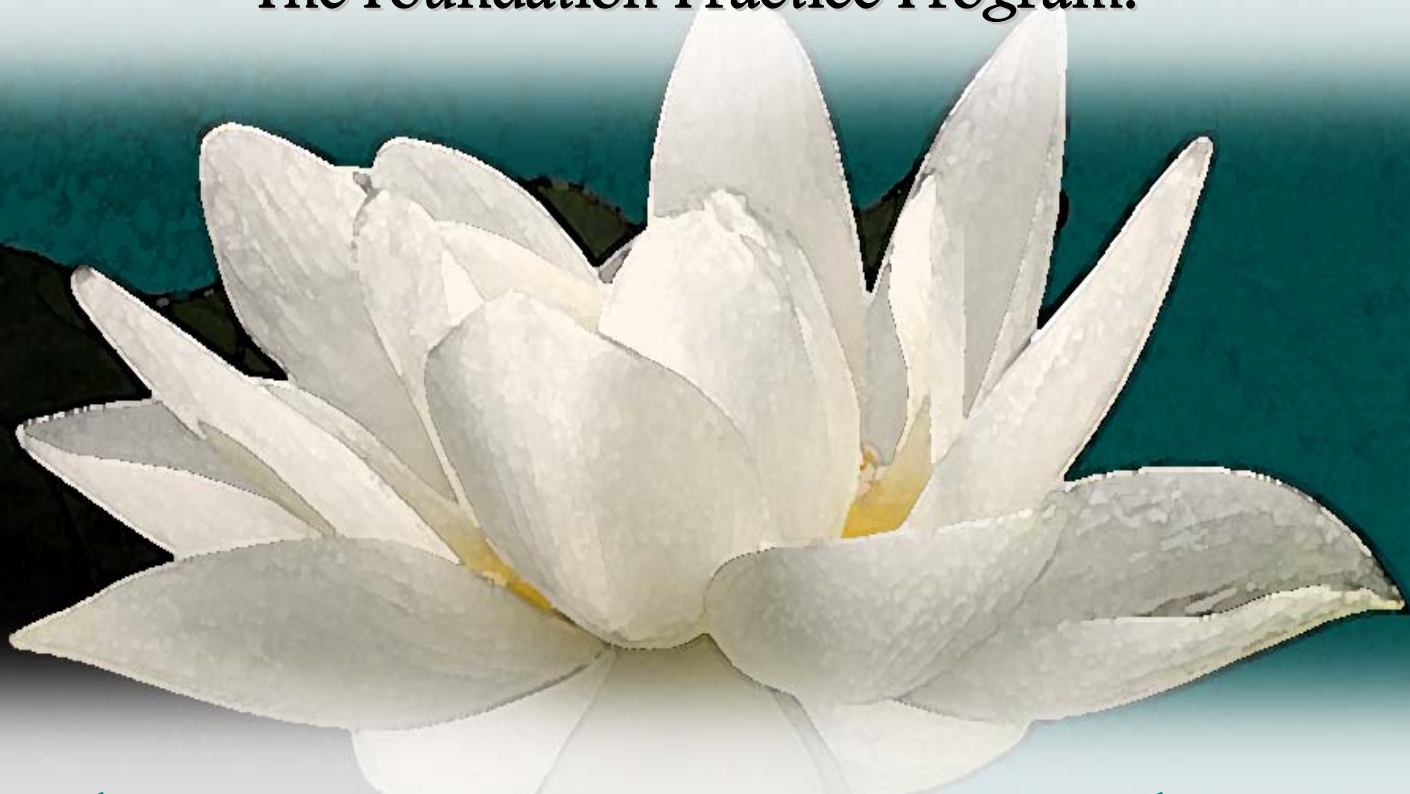


The Nalanda Institute presents

The Foundation Practice Program:



Cultivation of Inner Peace & Altruism

Monthly Practice Sessions
February 2010 – February 2011
3rd Saturdays at 1:00 PM

Texts:

The Four Immeasurables, B. Alan Wallace
How to Practice: The Way to a Meaningful Life,
His Holiness, The Dalai Lama.
(The Nalanda Institute will have copies for sale.)

Directed by: Geshe Jamyang Tsultrim

The structure of our gatherings emphasizes meditation practice and discussions with assigned readings. Lama Lungrik Gyatso will lead the chants and ceremonies.

Registration:

Grace at 360.438.6857
gracemo@ywave.com

The Four Immeasurables

May all beings have happiness
and the causes of happiness;
May all beings be free from suffering
and the causes of suffering;
May all beings never part from the happiness
beyond suffering;
May all beings rest in equanimity,
free from attachment and hatred.

The Nalanda Institute of Olympia, Washington

The Foundation Practice Program: Cultivation of Inner Peace & Altruism

The Foundation Practice Group meets monthly to practice shamatha meditation. We will support one another's practice through discussion and reading of two texts suggested by our teacher Geshe Jamyang Tsultrim:

The Four Immeasurables, B. Alan Wallace

How to Practice: The Way to a Meaningful Life, His Holiness, The Dalai Lama.

We will meet on the third Saturday of each month at 1 pm beginning in February. The structure of our gatherings is intended to emphasize meditation practice. Discussion of practice issues and assigned readings will occur as supplements to practice and as time permits.

**Our format:

- * Begin with a refuge prayer and opening chants
- * 20 minutes of sitting meditation, mindfulness of breath
- * Very short stretch break
- * 20 minutes of sitting meditation with one of the four immeasurable as a focus (i.e. loving kindness, compassion, joy, or equanimity)
- * Group Discussion
- * Recitation of the Four Immeasurables
- * Dedication prayer

Geshe Jamyang Tsultrim has offered to make himself available to the group to answer questions every other month.

Optional extra study: We have a set of 4 DVDs available with **Her Eminence Jetsun Khandro Rinpoche** discussing the Four Immeasurables. She is a very good speaker and this should be a helpful supplement to the above program. We will decide as a group how to schedule this into our study.

Note: There is no fee or charge to attend the Foundation Practice Program sessions, however students are responsible for purchasing the suggested text books. The Nalanda Institute makes text books available at cost plus shipping. The Nalanda Institute has a policy of generosity if the cost of the texts is of concern. Please ask.