

Evening Meditation Classes with Gen Kelsang Rabten
June - July 2014
Tuesdays 7.30pm - 9pm

Understanding the Mind

We experience everything through our mind. Our mind has the power to turn our experiences into happiness or suffering. Therefore the most important thing to understand is our own mind. Based on thousands of years of meditative exploration, this course will offer a clear and practical explanation of the mind together with meditations that empower us to harness our potential for happiness.

3/6 The Creative Power of the Mind
10/6 A Science of the Mind for Lasting Happiness
24/6 Mind over Matter
1/7 How to Meditate

Kadampa Meditation Centre Hong Kong ~ 1/F Causeway Tower, 16-22 Causeway Road, Causeway Bay, HK

No bookings, Everyone Welcome !

Suggested Donation : HK \$50 - \$100 each class

KMC HK is a registered charitable organization in Hong Kong (granted exemption under Section 88 of the Inland Revenue Ordinance). All donations are used to run the Centre and spread Buddha's Teachings.

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