

Engaging in Active Compassion: The Seven-Point Mind Training

Webinar conducted by Lama Kathy Wesley

Wednesday evenings **7-8:30** p.m. at Piedmont KTC (Please note the different meeting time)

Sept 10
Sept. 24
Oct. 1
Oct. 8
Oct. 22
Oct. 29
Nov. 5
Nov. 19

Course Description: The Buddha said, "If you want to study my teachings, you don't need to study many teachings; you only need to study one teaching. And what is that teaching? It is love and compassion. Whoever has love and compassion has all of the qualities of the Buddha in the palm of their hand."

This six-week seminar will teach the "how" of the development of love and compassion, using the book, "The Great Path of Awakening" by Jamgon Kongtrul as a guide. Weekly "homework" assignments will cover both contemplation and meditation on bodhicitta - the "mind of awakening" - and show how the development of bodhicitta can counteract ego-fixation, selfishness, anger, jealousy, and other mental afflictions. The course also will teach methods of working with suffering, sickness, pain, and adverse circumstances.