

Newsletter



August 2009

Manchester
Buddhist Centre

Sangha Nights

With the absence of many order members at the Order Convention there will be a break from Sangha Night on **3rd August**, picking up again with two evenings of meditation and practice with Ratnaguna on **10th** and **17th August**.

Then in the first of two evenings about Buddhism in India, on **24th August** Shakyajata introduces two Dharmacharinis from India, Karunamaya and Tarahridaya. They will be talking about their work for the Arya Tara Mahila Trust. The second evening, **31st August**, sees Amitasuri launch the exciting Bodhgaya Project, based right here in Manchester.

In September the autumn term starts with a series on Day to Day Mindfulness hosted by Ratnaguna and running throughout September and October. The series starts with a book launch from Maitreyabandhu, *Life with Full Attention – a Practical Course in Mindfulness*, on **7th September**. The series of Monday evenings then continues as follows:

- 14th September - Mindfulness of the Body
- 21st September - Sensations
- 28th September - Inner Narratives
- 5th October – Spiritual Teachings
- 12th October - The Environment
- 19th October - Other People
- 26th October – Reality

Ratnaguna writes, "Some of you will remember the course I led in May last year:

Bodhgaya Project Launch!

Sangha Night **31st August**,
7 – 9.30pm

Where can you find one of the most innovative, exciting, international FWBO projects?

At the International Order Convention in Bodhgaya earlier this year, Sangharakshita gave a name to the new Centre to be created on FWBO land there: The Three Jewels Centre. Here, Indian and international pilgrims will share access to the Dharma as taught in our Movement. The Bodhgaya Project is a collective of individuals working together to enable the realisation of this Centre at Bodhgaya, the site of the Buddha's Enlightenment. And it's based here, in Manchester!

Amitasuri lives in the MBC's women's community and is on this international project team. She has agreed to host an evening at the Manchester Buddhist Centre to explain how our own sangha has already

Chopping Wood, Fetching Water - Everyday Dharma. That was very popular, mainly because the emphasis was on very practical matters of daily life rather than on theory, splitting into small groups in the classes to help one another to bring the Dharma more fully into our lives. And it worked – people really did find ways of bringing the Dharma into their daily lives. This course will be very similar in approach, with practical things to do each week."

You are very welcome to attend this Monday class if you have attended a Buddhism Taking it Further (level2) class. More information on the evenings in September may be found in the Sangha – Events section of the MBC website.

The Bond

Now that we are here again in this dark place we must find something – a scratch of light, an oval pebble. And we must sit here quietly till he comes, wait patiently, not look too often out of the window, not peep, but know that he is coming, yes, and make a clean place – like having clipped nails and washed hands and a sharp pencil at the ready. No crumbs. No digressions. We should say gentle now and gentleness, like someone calming a horse, or helping a child hold a kitten. But not sweetly, not gingerly – hair pulled back, buttons and a smock – he wouldn't want that. Just the air blowing through us. Just the air.

Maitreyabandhu

been enabling, and will continue to enable, the creation of this Three Jewels Centre "just" by deepening its own practice.

This Bodhgaya evening is the official unveiling of the project to the FWBO. It will include a special screening of Amitasuri's video interview with Sangharakshita talking about his experience of Bodhgaya and why he feels it important for our movement to have a presence there. In this 15-minute interview, Bhante also explains why he initiated the purchase of land there and his vision for the Centre.

The Bodhgaya Project is an exciting initiative for Manchester with global reverberations. Come and find out how you can benefit.

Weekend Event – Special Offers

Get 25% Off when you book both the *Embodied Mind* meditation weekend with Paramananda and *Unfolding Body* weekend with Dhammagita.

OR book on *Embodied Mind* weekend only and get a book by Paramananda for half-price (*Change Your Mind, A Deeper Beauty* or *The Body*)

Embodied Mind

Weekend Meditation Workshop
with Paramananda

5th – 6th September

This weekend will look at the art of meditation as a dynamic three-stage process

Grounding: establishing a sense of ground and embodied awareness

Turning towards: engaging with our moment to moment experience with loving kindness and a flexible awareness

Seeing through: opening to the possibility of new ways of being with ourselves based in a deeper insight into our selves

Paramananda is the author of the popular books, *Change Your Mind, A Deeper Beauty* and *The Art of Meditation - The Body*. He has been teaching meditation for over twenty years and is well known for his relaxed and approachable style of teaching. He lives in London and is currently writing a doctorate for a Ph.D. in Meditation. He is also in great demand as a meditation teacher and retreat leader.

Unfolding Body, Delighting Mind

A Weekend with Dhammagita
19th – 20th September

A vibrant exploration and appreciation of our human body in movement and stillness, designed to enhance wellbeing of the whole body-mind. Dhammagita has a particular interest in the development of awareness through the body. In 2007 she completed a five month 'Meditating With The Body' training with Reginald Ray and continues in advanced training with him. She uses a combination of meditation, movement, poetry, music and energy work to centre our awareness within our physical experience. By turning our awareness to the full range of physical sensations, the body becomes a teacher, guide and doorway to awakening. She has been teaching meditation and leading retreats and workshops for many years - mostly with an arts and/or body bias. Her very varied background results in a rich and eclectic way of revealing awareness and experiencing our humanity to the full. She firmly believes that fun and spirituality not only can but must co-exist

Bank Holiday Closure

The Manchester Buddhist Centre will be closed all day on Bank Holiday **31st August**. Sangha Night as usual in the evening.

Dhamma Heroines from India

On Sangha Night, **Monday 24th August**, we shall have a chance to meet and hear about two extraordinary women. They are Tarahridaya, an Indian world citizen, and Karunamaya, from UK but lives in India.

They will be talking about their work for the Arya Tara Mahila Trust (translates roughly as Noble Saviouress Women's Circle), which represents a cutting edge of our Buddhist Movement among women in India. Their work ranges from outreach projects in remote areas of India, among poor 'ex-Untouchable' women, to ordaining such women, many years of hard work later, into the Western Buddhist order (TBM in India). They recently pulled off a magnificent feat, ordaining women in the remote Northern area of Dehra Dun; most of our dhammcharinis come from Central India. I have seen for myself, the obstacles facing women who want to follow a path of self-development in India, and the heroic proportions of the efforts required to achieve these ordinations in Dehra Dun are quite staggering. The women OMs from there will have a huge positive effect on the lives of many, many poor and downtrodden women of all ages, castes, and religious backgrounds,

So do come and meet these women, they are fascinating and inspiring. Karunamaya has spent 11 years in India and is now a Public Preceptor. Tarahridaya is a modest woman of enormous courage and energy - she has travelled alone in Mongolia.....and be prepared to be amazed by what the Dhamma can achieve for women in India, who suffer from the triple handicaps of poverty, casteism and 'invisibility' due to their gender. **Shakyajata**

Men's Mitra News

Since the last time I wrote for the Newsletter, we have had two evening events for men mitras. The first was on May 27th, when four new mitras introduced themselves to an audience which included fellow mitras and five order members: Saccacitta, Chandana, Buddharakshita, Arthaketu and me. It never fails to move me to hear of people's journeys towards embracing The Three Jewels more fully in their lives: two of the men recounted that in becoming a mitra they had effectively excommunicated themselves from the Catholic Church. The introductions were followed by group discussion on how people's practice was progressing and we concluded with a puja.

The second of the recent evenings for mitras was held on Tuesday July 14th. After a period of meditation, I provided a few words of introduction. I have been struck in some recent meetings with men in the Sangha by how easy it is to lose sight of the fact that progress in our spiritual lives is, like everything else, conditioned. If we do not build consistent conditions into our lives that support our efforts in meditation, ethical practice, and the contemplation and reflection upon the Buddha's teachings then our practice may, slowly but surely lose its momentum and effectiveness. This can lead to frustration and doubt. Reflecting upon this, I thought of our teacher Sangharakshita and his pioneering early disciples in their efforts to build a system of spiritual discipline that gives the F/WBO its distinctive flavour. This system includes ideas, teachings and practices, institutions, rites and ceremonies, responsibilities and relationships which together provide a complete way of life to support our efforts to practice the dharma. How

grateful I am to Sangharakshita and those early disciples!

After providing words of introduction to the evening, I asked the men to imagine they were writing a letter to a friend who they respect to tell them about their spiritual lives, their successes and difficulties, the conditions which were supporting their efforts and conditions which were needed to be brought into existence. We then had small group discussions on the content of the letters. The evening concluded with the chanting of the Shakyamuni mantra during which we made offerings.

Mitra study continues to be a highlight of my week. I rejoice in the Sangha that has developed within the men's Sangha over the past few years. This has not happened by chance but has arisen on the basis of the efforts made by many men to turn up to study week in, week out, month after month, year after year despite the pulls of a warm home on a cold winters' night, or a tired mind and body after a hard days' work. Many now meet each other on a regular basis outside of study, and regularly turn up to other events at the Centre where we meet in the context of the wider Sangha. Some of these men have asked for ordination, and some have formed a new GFR group in Manchester.

Keep your eye out for forthcoming events for men mitras and for men who have asked for ordination, all of which will be taking place later this year as follows:

- Evening for men mitras: Wed Oct 21
- Day for men mitras: Sun Nov 22
- Day for men who have asked for ordination: Sun Dec 13

Mahasraddha

Swine Flu Awareness

The MBC being a public building we have been sent guidance from local government about swine flu, which we are making available here. As we run courses and classes for the public, we ask that if you have the symptoms, please follow the guidelines below and stay at home.

Simple preventative measures:

- Use tissue to cover nose and mouth when coughing and/or sneezing.
- Dispose of tissue promptly in ordinary bin and then wash your hands.
- Do not use handkerchiefs or reuse tissues.
- Clean hands frequently with soap and water, especially after coughing, sneezing and using tissues.
- You can use alcohol-based hand sanitizer instead.
- Minimise touching your mouth, eyes and/or nose, unless you have recently cleaned your hands.
- Clean surfaces frequently touched by hands; normal household detergent and water will be adequate for this.
- Clean your hands as soon as you arrive home.

What are the symptoms?

1. High temperature, tiredness and lowered immunity
2. Headache, runny nose and sneezing
3. Sore throat
4. Shortness of breath
5. Loss of appetite, vomiting and diarrhoea
6. Aching muscles, limb and joint pain

The key symptom is fever, which is a high temperature of 38°C (100.4°F). The key symptom will be combined with other complaints which may include a cough, sore

throat, body aches, chills and aching limbs. Some people with the virus have also reported nausea and diarrhoea. As with normal flu, the severity of symptoms will depend on treatment and the individual. Many people have only suffered mildly and have begun to recover within a week. People are most infectious soon after they develop symptoms, but they cease to be a risk once those symptoms have disappeared. The incubation period may be as little as two days.

What should I do if I think I have it?

- Stay at home!
- For advice and an initial assessment contact NHS Direct on 0845 4647, use the NHS website Symptom Checker at www.pandemicflu.direct.gov.uk or telephone the Swineflu Information line on 0800 1 513 513.
- Phone your employer or occupational health dept.
- Do not go to work until you are fully recovered.

Discussion Evening for Men

On Sangharakshita's document, "What is the Western Buddhist Order?" with Sona

On Monday October 5th from 19:00 onwards, Sona will be fronting an evening to discuss a recently published transcript of a Q & A session that took place with a group of Public Preceptors and Sangharakshita. The transcript is entitled What is the Western Buddhist Order? (or, as it is commonly becoming known as, Sangharakshita's Last Will and Testament). In it Sangharakshita sets out his vision of the WBO and his thoughts on what is expected of order members in some important areas. If you are a man who has asked for ordination you should have by now received a copy of this document: if you are a mitra or a friend, the document can be found at: <http://www.sangharakshita.org/news.html>.

Please let me know if you have any questions about the evening and/or the document itself which you want clarifying before the event.

I hope as many men as possible - friends, mitras, men who have asked for ordination - can attend this event. **Mahasraddha**

August Full Moon

On **Thursday 6th August** from **5.45 to 6.45pm** we are celebrating Ratnasambhava with a puja at the full moon. A puja is a Buddhist ritual led in call and response with chanting and verses, practised to develop our spiritual emotions to match our spiritual understanding. The aspect or quality of the enlightened mind which Ratnasambhava communicates is the quality of generosity. No need to book - just turn up in the Lotus Hall.

All welcome but we advise that you will appreciate it more if you have at least attended an introductory Buddhism course.

Global Sangha Sundays

Don't forget our alternative Sunday morning services on **August 2nd, 9th and 16th** from 10am-to 12am with Arthavadin and Amitasuri

Croissants and coffee, meditation and chanting with global attitude. Teenagers welcome. Easier parking on a Sunday!

Suitable for anyone who has learnt the mindfulness of breathing and the metta bhavana meditations. Just turn up

A Taste of Buddhism

For lesbian, gay, bisexual and transgender people

As part of Pride festival, Manchester Buddhist Centre are running two events for Lesbian, Gay, Bisexual and Transgender People. The first is *Taste of Buddhism* on **Sunday 30th August, 12-2pm**. Something a bit unusual! Join LGB Buddhists from the Manchester Buddhist Centre for a taste of meditation outdoors in the Village. Through discussion, questions and activity we'll explore Buddhist ethics and what they have to say to us as LGBT people today, and to the wider world. Chairs provided. Bring hat and sunscreen. Led by Munisha and friends. Just turn up - no booking required - Pride wristband needed. Location: The Village Square, Bloom Street

The further event - we will be hosting another *Taste of Buddhism* for lesbian, gay, bisexual and transgender people on **Friday 4th September, 6.30 - 8pm** at Manchester Buddhist Centre. Just turn up - no booking required - donations welcomed. Location: Manchester Buddhist Centre, 16-20 Turner St, M4 1DZ

New Front Doors

On the **Tuesday 25th August** we will be having new front doors fitted at the centre so we will be closed to the public that day, if you are coming to Bodywise for an appointment or to a day time class at the centre, please access the centre via earth cafe. We should be able to use the front door access for the evening classes.

Some of you may be wondering why we are changing the doors and will be sad to not see the wooden doors any more.

Over the last 12 months maybe even longer there have been intermittent problems with the front door locks not working. The joiner and electrician have both had at least 3 or 4 attempts at resolving the problems but to no lasting effect!

The main reason for the difficulties is that the wooden doors are warped and change in size depending on the weather, so we think we have solved the problem and then the doors change at the locks don't work again.

Both the electrician and the joiner have recommended that we get new aluminium doors. So look out for the new look MBC front doors in August!

The Three Myths of Spiritual Development

On Saturday 11th and Sunday 12th July, Saddhanandi led a weekend retreat for women at the MBC on the Three Myths of Spiritual Development. She started by suggesting that everyone has a view, a perspective on existence. These views often govern the direction of our lives without us even being particularly conscious of them most of the time. Views range from the most casual opinions about everyday matters to theories about ultimate metaphysical issues. At bottom, everyone's system of values is founded upon some view about the purpose of life, however vague, inarticulate or inconsistent. Generally our views range from nihilism (there is nothing out there, and there is ultimately no point in anything) to eternalism (there is a point, a grand plan, a god directing activities).

In a similar way Buddhist thought and tradition

throughout its history, has tended to develop teachings and approaches which lend emphasis to one of these belief systems. There have also been attempts to find more of a middle ground. So for example, Pure Land Buddhism emphasises giving up to "the other power" (The Grace of Amitabha) and the pointlessness of "self power", whereas certain Zen traditions say we already have all we need inside us (Buddha Nature) and we don't need to look outside ourselves for enlightenment. Saddhanandi suggested that there are strengths and weaknesses to going wholeheartedly down one particular path. Therefore it's useful to keep a balance to our practice by understanding the creative aspects of a particular approach and its limitations, and how we can reach into other practices to give a helpful balance.

So the first myth of spiritual development is the Myth of Self Development, some of the teachings of which are, The Spiral Path and the Eight-fold path. The Practices which help us realise these teachings are the Metta Bhavana, Ethics and the Mindfulness of Breathing. We reflected on some of the advantages of this approach. It gives us a clear path to follow, a sense of direction. We can see what progress we are making. It tells us that, with effort, we can change and grow. The danger of this approach is that success may lead to triumphalism and a more entrenched ego, or failure may lead to despair.

The second approach is the Myth of Self-Surrender, some of the teachings of which are Mahayana generally and the Pure Land School. The practices which help us attain some of these realisations are puja, prostration practices and service. The benefit of this approach is that we develop a positive sense of our "smallness" as we become aware of something much "bigger" than ourselves. One of the downsides can be that it doesn't encourage us to reflect on our own experience or take individual responsibility. It can also lead to exploitation within the spiritual community if people start to blindly revere a leader.

The third approach is the Myth of Self-Discovery, some of the teachings of which are the Tathagatagarbha Sutra and Zen traditions, reflecting on our own Buddha Nature. Some of the practices which may help us realise these teachings are Just Sitting and Dzogchen. The benefit of this approach is that we gain a strong positive sense of what we already are and can be. Enlightenment is attainable here and now. A danger of this approach is that it may encourage a moral and spiritual laziness if we believe all we have to do is strip away our kleshas/ defences to reveal the hidden jewel of our buddha selves. We don't have to dwell too much on ethics for example.

Saddhanandi encouraged us to imagine how our behaviour might change if we were to hold particular views, such as the belief that we all have a Buddha nature or a belief that all you need to attain enlightenment is make effort. I realised in the course of my reflections how certain approaches energise me greatly and others leave me feeling bored and restless and sometimes judgmental too. I loved the thought of dismantling my defences and kleshas to reveal my loveable and loving self. I felt irritated and even offended at the thought of prostrating to a bronze statue. It was fascinating to know how others in the group were moved and motivated by different approaches and I felt I learnt a lot from understanding why people found certain practices useful. I considered how I might take a different approach and gain from teachings I've thus far avoided.

We ended the retreat by reflecting on how we can protect ourselves and balance out/ improve our practice by dipping into one or all of the

three paths at different times. So if we are normally drawn to practices of self-surrender, an exploration of self-discovery may help us to understand that realisation is also to be found in our own experience and not just outside of it. If we are normally drawn to practices of self-discovery, a foray into self-surrender might help us explore the experience of giving up one's ego to something that lies beyond its bounds. If we tend to just tread the path of self-development with a map and future goals, a dip into self-discovery might help us realise that the truth is in fact in this very moment.

I came away from the weekend with a much better overview of the Buddhist path, a better understanding of why and how I'm drawn to certain approaches and how this may or may not be positive for me. I also feel I have more options now in terms of changing the emphasis of my practice if I get stuck in some way.

A very big thank you to Saddhanandi, whose qualities of inclusive intelligence, warmth, humour and a fantastic smile, were very encouraging indeed. **Sally Newby**

A BIG Thank You

to all those who came, who helped, who just turned up for the Indian Evening on 11th July, where 'Slumdog Millionaire' was shown in the Lotus Hall. It all went off very smoothly. It was thought-provoking and everyone seemed to enjoy it.

Special thanks go to Ratnasagara for telling us what life is really like in a slum in India, and to Patricia for heroically donating and serving food, and to Catherine and others for making extra food. Thanks also to Breathworks for lending us the equipment; to Andrew for setting-up and managing the film showing, to Richard, Nigel, Aryamati for reception etc., and Sara Inkster and Sundeep for publicity help..... this could go on so long it feels like the film credits! (Sorry if I have forgotten anyone). It was just a great experience of Sangha, I felt as if I hardly had to do anything. so thanks to the Centre for making it all possible.

And the evening raised funds of over £200, to transform the life chances of young people in poverty in India. Thank you, everybody, from them. **Shakyajata**

Lotus Hall Bowl Auctioned

The Lotus Hall bowl auction concluded yesterday (13.7.09) at close of business. The winning bid was £80 - a generous donation that will help the Jyotivana women's community buy and construct a shrine room that they can all use. The winner of the auction is a Sangha member who has a real fondness for the bowl and feels it will be a privilege to own it. I'd like to thank all who placed a bid to support the Jyotivana appeal. **Best wishes, Kate**

Going Deeper

MEDITATION SUMMER DROP-IN

Going Deeper in Meditation will be running on a drop-in basis as a meditation practice class on Wednesdays throughout August, last one 26th August. Open to anyone who has learned the two meditation practices we teach. Suggested donation of £11/£7.50/£5 per week - but don't let being skint stop you. Led by Chandana, Nishpara and Martin

August Sangha Walk

There will be a led sangha walk in the Goyt Valley on **Sunday 30th August, 11am to 4pm**. Keep an eye on the website for more info.

Breathworks News

Breathworks is continuing preparations to deliver a series of EU funded Living Well with Pain and Illness courses for people in Wigan borough unable to work due to chronic pain. We have been contracted to run 6 courses over the autumn/winter and then another 6 over the spring, aiming to help people with pain improve their quality of life and move towards more active living and working. We are also finalising a course this autumn for people with ME/chronic fatigue syndrome, run through the Manchester CFS/ME Network.

Our next courses at the MBC start in September: the next Living Well with Stress course begins on **Sun 6th Sept**, the next Living Well with Pain and Illness course begins **Weds 9th Sept**. There is also a day open to graduates of the Living Well with Stress programme on **Saturday 12th Sept**.

Bodywise

If you've missed out on our new four-week yoga Summer courses, not to worry – you can now book for our regular seven-week courses starting in September. We have a variety of classes from complete beginner to more challenging classes for experienced students. We are also delighted to offer pregnancy yoga classes from this Autumn – more next newsletter but if you want more now, please contact us on 0161 833 2528 or email health@bodywisenaturalhealth.co.uk.

At Bodywise, a number of our practitioners have a special interest in issues related to reproductive health and on **12**

September, Lucy will be running an Alexander Technique workshop for women over 15 weeks pregnant, entitled "Do less and optimize your well-being and that of your baby. Find space within using the Alexander Technique."

Inner Yoga Trust continue their teacher training programme over **Sat 1 to Sun 2 August** and on **Saturday 8 August** Christine is leading a yoga morning workshop, **10am – 1pm**, entitled "Back bends – Support from the internal organs." Suitable for those with at least 3 months yoga experience.

And to finish, a few words from Shuddhabha: *Recently I was in London to visit Jane Lyons, principal of the Shiatsu College in Manchester. Since January 08, Bodywise has been running student shiatsu clinics with the college. It is a chance for students to learn in a college environment and a chance for you to get an hour's shiatsu for £10. Great for everyone. The clinic has finished for the summer, but we will be starting again in September and I will be putting the dates on the website when they have been finalised.*

Nothing to do with Shiatsu but if you are in London, the Richard Long exhibition at the Tate Britain is absolutely beautiful.



I'm going to be teaching on the first year of the Shiatsu Practitioner Course from September so if you think you might be interested in becoming a Shiatsu practitioner, feel free to contact me at Bodywise and have a chat about it. Jane is running an introductory weekend in August in Manchester too; so that would give you a feel for what

it is like to give Shiatsu.

There are lots of babies around Bodywise at the moment. If you have been coming to Bodywise for a few years, you might recognise Kamalagita who used to be our administrator. Here she is with her son Leo, getting his first Shiatsu session at 6-weeks old. How come he waited so long?

There seems to be pregnant clients everywhere, so I'm glad we are finally offering pregnancy yoga from September. Check out the programme for the timetable.

Next Newsletter:

The deadline for next month's edition of the newsletter is **20th August**. Please email items to: mbcnewsletter@gmail.com

As a guideline: 150 to 400 words good, 500 - 800 words large and over 1000 a blockbuster.

To get newsletter by email contact:

info@manchesterbuddhistcentre.org.uk

August

Sat-Sun	01-02	Bodywise: Inner Yoga Trust Teacher Training led by Pauline	10am - 4pm both days
Sun	02	Global Sangha Sundays	10am - 12pm
Mon	03	No Sangha Night	
Thu	06	Full Moon Puja to Ratnasambhava	5.45 - 6.45pm
Sat	08	Bodywise: Yoga – <i>Back bends – Support from the internal organs</i> led by Christine	10am - 1pm
Sun	09	Global Sangha Sundays	10am - 12pm
Mon	10	Sangha Night: Meditation and Practice with Ratnaguna	7 - 9:30pm
Tue	11	Buddhism and Meditation - level 3 summer six-week course starts	7 - 9:30pm
Sun	16	Global Sangha Sundays	10am - 12pm
Mon	17	Sangha Night: Meditation and Practice with Ratnaguna	7 - 9:30pm
Fri-Fri	21-28	Breathworks: Trainers Retreat, Taraloka Retreat Centre, Shropshire	
Mon-Sat	24-29	Buddhafield North Big Summer Camping Retreat - see article	
Mon	24	Sangha Night: Dharma Heroines from India introduced by Shakyajata	7 - 9:30pm
Sun	30	A Taste of Buddhism at the Manchester Pride Festival, the Village - see article	
Mon	31	Bank Holiday - CENTRE CLOSED	
Mon	31	Sangha Night: Launch of Bodhgaya Project by Amatasuri	7 - 9:30pm

September

Fri	04	Full Moon Puja to Amitabha	5.45 - 6.45pm
Sat-Sun	05-06	Bodywise: Focusing – Untangling the Knots with Manjudeva & Jutika	10am - 5pm both days
Sat-Sun	05-06	Embodied Mind Meditation Weekend with Paramananda	10am - 5pm both days
Sun	06	Breathworks: Living Well with Stress course starts, MBC	11am - 5pm
Mon	07	Sangha Night: Maitreyabandhu book launch,	7 - 9:30pm
Tue	08	Buddhism & Meditation: Six-week Introductory and Level 2 courses start	7 - 9:30pm
Wed	09	Breathworks: Eight week Living Well with Pain and Illness course starts at MBC	1:30 - 4pm
Wed	09	Meditation: Six-week Introductory and Going Deeper courses start	7 - 9:30pm
Sat	12	Breathworks: Living Well with Stress course graduates day retreat at MBC	10am - 4pm
Sun	13	Day for Women who have asked for Ordination	10:30am - 4:30pm
Sun	13	Introducing Buddhism and Meditation - Day Event	10:30am - 4:30pm
Sat	12	Bodywise: Alexander Technique for women over 15 weeks pregnant with Lucy	10am - 4pm
Sat	19	Bodywise: Yoga – Exploring twists with Christine	10am - 1pm
Sat-Sun	19-20	Unfolding Body, Delighting Mind - body-mind exploration with Dhammagita	10am - 5pm both days
Sat	26	Introducing Meditation - day event	10:30am - 4:30pm
Sun	27	Day for Men who have asked for Ordination	10am - 4:30pm
Sun	27	Padmasambhava Day Festival	2 - 9:30pm

Please note the views and opinions expressed in the Newsletter are those of the individual contributors and are not necessarily those held by the trustees of Manchester Buddhist Centre or by the FWBO/WBO in general.

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MBC Links:

www.manchesterbuddhistcentre.org.uk
www.earthcafe.co.uk
www.bodywisenaturalhealth.co.uk
www.breathworks-mindfulness.org.uk
www.clear-vision.org
www.manchestermittas.blogspot.com
www.sanghasocial.com for monthly walks

Friends of the Western Buddhist Order Links:

www.goingonretreat.com
www.fwbo.org
www.fwbo-news.org
www.fwbo-buddhist-articles.org
www.freebuddhistaudio.com
www.videosangha.net
www.flickr.com/photos/fwbo/sets
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