

Newsletter



June 2009

Manchester
Buddhist Centre

Sangha Night Classes in June

Series of Talks: Visions of Mahayana Buddhism, by Nagapriya

Here's something to look forward to. For the whole of June Nagapriya will be giving a series of five talks on the great Buddhist movement called Mahayana. Mahayana means the 'Great Way' or 'Great Vehicle' and refers to a powerful current of Buddhist thought, practice, and culture. Mahayana Buddhism spread across Asia, settling deeply in China, Korea and Japan in particular. Its emphasis on wisdom and compassion flows on today.

Nagapriya lectures on Mahayana Buddhism at Manchester University and has just

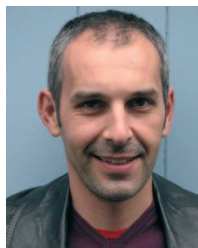
Programme Each Evening

- 7.00 – Talk followed by questions and answers
- 8.15 - Tea
- 8.45 – Meditation and/or puja

finished writing a book called *Visions of Mahayana Buddhism: Awakening*

the Universe to Wisdom and Compassion, due to be published towards the end of June. In fact we'll be launching the book on the final evening of the series, 29th June.

"A very helpful introduction and overview of this complex, fascinating tradition." **David R. Loy**, author 'Money, Sex, War, Karma'



This series is really not to be missed. How often do you get the chance to listen to someone who has studied something very extensively, and is also a Buddhist practitioner? Nagapriya is also the author of the very popular book *Exploring Karma*.

June

- 1st: What is the Mahayana?
- 8th: The Ideal of Universal Awakening
- 15th: Mahayana Buddhist Scriptures
- 22nd: Mahayana Philosophy
- 29th: Visions of Mahayana Buddhism (Including book launch)

International Urban Retreat!

Don't miss this opportunity to be on retreat and not have to go anywhere!

What is it?

- an opportunity to learn how to practice buddhism in everyday life and to gain confidence to sustain this.
- an opportunity to create stronger connections between people.
- an opportunity to be part of a retreat without having to go to an actual retreat centre.
- an international event with people all over the world involved at FWBO centres taking part.

Theme.

Living life with full attention. We have a theme but the idea is that we each decide for ourselves what areas we want to focus on in the week.

How do I take part?

There are two ways to get involved.

1. Come along to the Manchester Buddhist Centre on **Saturday 20th June** for a day retreat. **10am – 5pm** when we'll gain support and encouragement to reflect on our lives, choose what we want to cultivate and practice. We'll explore ways to achieve that and identify what might hinder us. We'll also be sharing in a ritual that will link us to all the

other people around the world participating in the urban retreat.

During the week you'll be able to come to morning meditations at the Buddhist centre if you want to, Monday – Friday, see across. You'll have access to some talks and resources on line, including some inspiring 10 min talks from people all over the world. You'll have the chance to use a retreat diary and buddy up with someone else on the retreat.

After a week of bringing our own practice alive we'll have another day retreat at the centre on **Saturday 27th June, 10am - 5pm**. We'll be able to share our experiences and be able to reflect on what we have learnt to help us in the future. We'll finish with a ritual to connect us again to the international FWBO sangha .

2. If you are unable to attend the centre for the retreat then you can join in by participating in an on-line version at www.theurbanretreat.org.

Please book at reception for the day retreats, which are being run by Kavyasiddhi and Suryaka. We are running this event on a Dana basis, so we'd like as many people as possible to join in and simply give what they can to the centre. The retreat is suitable for anyone who has at the least done a Level 1 Buddhism and Meditation course at the centre.

Sangha Midsummer Garden Party

Sunday 21st June 14.00-18.00

Building on the success of the fun filled Film Evenings held at Jyotivana over the last few months, we have decided that our next offering is to be a Midsummer Garden Party.

So if you fancy lounging about in style, on our lawn, nibbling cucumber sandwiches, delectable home-made cakes and lemonade whilst enjoying a little musical entertainment and a circle dance or two then do come along. Perhaps those summer frocks, straw hats and blazers will get an airing, weather permitting.

If you would like to bake a few cakes and or come along do let us know by calling the Jyotivana Community on 0161 792 0966 or by emailing Taravandana@f2s.com before Saturday 20th June. We are asking for donations towards our Shrine Hut fundraising project - suggested donation £5-£10.

Morning Meditation at the Centre

During the Urban retreat week, there will be led morning meditations at the Manchester Buddhist Centre. They are open for anyone to come to, regardless of whether you are taking part in the Urban retreat or not

Why not come along and meditate with others that week. It's best if you have completed an Introductory course here at the Centre in either Meditation or Buddhism and Meditation

Monday 22nd June to Friday 26th June – please arrive around 7.45am (to be let into the building) and so be ready to actually start the meditation, **8am - 8.45am**. No need to book!

Hear the Earth

Earth Café is holding another acoustic evening on **Friday 5th June** starting at 7:30pm. All welcome. **Mike**

June Full Moon

On **Sunday 7th June, 5.45 to 6.45pm**, in the Lotus Hall, the full moon puja is dedicated to Kwan Yin, female Bhodisattva of compassion, 'One who hears the cries of the world.' She is the Chinese version of Avalokiteshvara. All welcome - no need to book.

Preserving the Manchester Buddhist Centre

Hi, my name is Suryaka and I work here at the centre as the facilities manager and I want to share with you something about a project I'm involved with. First, a question. What are some of the features of the Manchester Buddhist Centre that make it such a beautiful and interesting historical building? Is it: exposed brick work? the old staircase? beams and pillars? Think windows. How many windows are there? My count is an incredible 99!!!

I have had it in mind for quite some time to ask someone to help me look at what we would need to do to preserve and maintain this central feature of the building. I have been aware that to ignore this will really cost us, the windows will simply rot if we take no action.

We are very fortunate to have Frank Williams, a retired architect, as a member of the sangha here. Here's what Frank has to say about his interest in this project and the work he has done so far:

"First of all the state of the windows is as important as all the other bits of the barriers inside and outside like the roof and the walls. They are however much more vulnerable to decay and usage problems than the other barriers. So we last painted/varnished the windows and external woodwork in an amateur way as long ago as 1994/5, if we don't do something soon the problems of decay (just that old impermanence again) will mean our costs will be even greater than otherwise.

Apart from this state of affairs we actually own a bit of the history of the city in that the windows are an essential part of the architecture of our building and have interesting forms which belong to the textile warehouse history of our building. We want to try to keep this authentic character which is part of the Centre's history and feel proud that we have given this building a new life as a bodhisattva in the city centre.

Existing buildings are a resource to society and the older ones are capable of being

upgraded and we have been doing this. In the repair, adaptation and conservation the MBC undertook between 1992 and 1996 we added great amounts of insulation, fire resistance, escape provision and exceptionally beautiful finishes. Even in these aspects we used recycled radiators, maple floors and doors not just to economise but to make the most of resources. We have since then upgraded twelve of the sliding sash windows on the Turner street frontage to reduce heat loss and cut out as much noise from the streets as possible.

So with the above as background and the need to carry out urgent work to preserve the windows, we have been getting the help of the industry to give us a good specification and let us know the cost of preparation and the painting of the windows and external woodwork. Of course scaffolding is needed, permits to block the rear street and build a scaffold tunnel over the pavement of Turner Street. We were told that the scaffolding costs usually average 51% of costs. We need to have the work done to a craftsman quality which will last for eight to ten years. Thus it can be concluded that the work should be done in a phased way so that costs can be spread over a number of years.

There is a great project here which really relates to living lightly on the planet, making the most of resources and respecting the historic. This approach, with our track record of recycling and reuse, can be a basis for grant applications; we have a project, we have the credibility of our track record, lets get cracking on fundraising!!! " So far we have not been able to find any grant funding for this project. Do get in touch if you think you can help. Frank came to a recent trustees' meeting, gave a presentation and answered some questions from the trustees. It was then agreed that we should aim to preserve the building, become as energy efficient as possible, and make it as comfortable as possible - warmth and sound proofing being key areas to improve upon. Of

course all this costs money - approximately £45,000 to repair and repaint all the windows! For now Frank and I will be continuing to work together specifically on the window preservation project.



If you think you would like to be involved in some way, in this or other aspects of the longer term upgrading of the building please get in touch with me. If we want to continue to have the Buddhist Centre in this particularly wonderful building we will have to take really good care of it and face up to the financial implications that brings. Jutika, one of the trustees, came up with three words to describe the project: TRUTH,(all things are impermanent), BEAUTY(the beauty of this building and its effect on the people of Manchester), LOVE.(the act of care for the things around us)

best wishes, **Suryaka**

Going Beyond Fear and Dread in the Life of the Buddha

Before my Awakening, when I was still an unawakened Bodhisattva, the thought occurred to me: 'It's not easy to maintain seclusion, not easy to enjoy being alone. The forests, as it were, rob the mind of one who has not attained concentration.'

On this men's weekend, **Sat 25 & Sun 26 July** at the MBC we will look at how the Buddha dealt with fear and dread, as well as gaining an understanding of the wonderful benefits that arise from a concentrated mind. For source material we will use *Bhaya-bherava Sutta* 'Fear &

Dread' from the Majjhima Nikaya.

The programme includes several sessions of meditation, short talks by Sona, discussion in both small and larger groups, and some devotional practice. The cost will be: £80/£60/£40 (Waged/Low-waged/Concessions)

Programme for both days

Time	Activity
10.00	Introduction to weekend
10.20	Meditation
11.00	Short talk by Sona
11.30	Tea
11.50	Small group discussions
13.30	Lunch
14.30	Mindfulness practice
15.15	Discussion
16.15	Meditation &/or Puja
17.00	Finish

By Aryamati

Thoughts in shades of grey
Help clear our sight until they
Divide dark from dark.

Frescobaldi said
Obey all my written lines
then play as you want!

Rumble oboe line
Agonised jubilation
Macmillan's music.
Geometry excites
creating eternal forms
from straight black lines.

One long pencil line
Is my aim states Colm Tobin
From Austen to me.

Three Myths of Spiritual Development

A weekend for women led by Saddhanandi on **Saturday 11th July** and **Sunday 12th July**, from **8.30am** to **3.30pm** both days. If you cannot come for 8.30 you can join us at **10am** when the study session will begin. The cost will be: £80/£60/£40 (Waged/Low-waged/Concessions). The weekend will be appropriate for all women attending the MBC for more than six months

We are very lucky to have Saddhanandi coming over again to Manchester from Taraloka where she has lived and worked for many years. Saddhanandi loves study and has a real gift for exploring dharmic texts in a way that makes them utterly relevant to our life's in a way that is both exciting and challenging.

During this weekend we will explore three myths of the spiritual life: Self-

Development, Self-Discovery and Self-Surrender, using texts from the Pali Canon, the Tathagatagarbha School and the Pure Land school. In this way I hope we will all have a better understanding of how these three principles might guide us in our spiritual lives and how they can create a mandala of practices and attitudes that can nourish and guide us

“Whatever our culture, as Buddhists we all start with the gap between the Buddha and ‘me’. Each of us needs to assess – and occasionally re-assess – the mode of our relationship to the Buddhas. Do we need to make more effort to become like them? Or do we need to allow them to ‘take us over’? Or do we need to find them in the depths of our own minds? Each of us needs to find a balance between effort, faith, and a sense of the truth as ever present.” *Subhuti*

All of us need at least a rough and ready ‘philosophy’ to guide our spiritual lives: a working notion of what we are doing, a ‘right view’ that we can trust to lead us in more or less the right direction. These ‘views’ need to appeal to the spiritual imagination and not just to the rational intellect.

Please note: Breakfast will be provided by the Centre, so please confirm you would like breakfast when you make your booking. There will be no planned lunch break - so please bring a couple of snacks that you can eat during the breaks.

You can book just one day of the event if it's not possible for you to attend both days, though this will mean you will miss some of the material - you'll need to book for one day by calling the Buddhist Centre and not by booking online.

The Bodhgaya Project

Some of you may have heard that the FWBO has a piece of land at Bodhgaya, the site of the Buddha's Enlightenment. At our 2009 International Order Convention on that land, Sangharakshita publicly announced the name of the Buddhist teaching and pilgrimage centre to be created there as the “**Three Jewels Centre**”.

Within the FWBO there is a voluntary team of Members of the Western Buddhist Order, Friends and independent advisors, who are all committed to the spiritual development and wellness of all beings and to expanding this work in one of the holiest sites in Buddhism, Bodhgaya.

I am one of the UK team members for this enterprise, commonly known as the “**Bodhgaya Project**”.

Context

We are providing a context for people from within our Buddhist movement and

more widely, from this country and internationally, to come together to work for the development of the above Buddhist Centre. A volunteering opportunity has arisen for a Project Management assistant.

What skills/experience you will need to have

Based in Manchester, you will need good written and verbal communication skills, be self-motivated, be able to set and work towards clearly-defined goals. In addition it would be great if you have skills in IT and/or database management.

What you will be doing

You would be helping to create and maintain our supporter database, update the website, deal with queries and enjoy relations with the project team, volunteers, supporters and FWBO Centres. Depending on your skill set, opportunities to contribute in other ways may be possible.

What you can hope to gain from your involvement

You will have the opportunity to work directly with myself and other Members of the Order and movement throughout the world. You will have a sense of making a real difference to spread the Dharma and build sangha both here and at the site of the Buddha's Enlightenment. You will experience work as practice within a team of people who are passionate about our Order and movement having a presence at the site of the Buddha's Enlightenment.

Commitment

Equivalent to 2-3 hours per week, the above role will initially be available for 6 months from 3rd August. For more information talk to me, Amitaśūrī, before the 4th June, or send me an email to indicate your level of interest and why you would like to be involved. I'll be on retreat in June but will reply and arrange to meet you in July.

amitashuri@gmail.com

Making Friends With Who We Are

This weekend meditation retreat runs from **6.00pm Friday 10th July** to **4.30pm Sunday 12th July** and will be led by Arthaketu and Balajit at the Vajraloka Retreat Centre in North Wales. It is for anyone who has learnt the two basic meditation practices.

On the retreat there will be periods of

guided sitting, where you will be encouraged to come into relationship with yourself in a bit more of a friendly way, as well as periods of relaxation, where you can begin to let go of everyday stresses and strains. There will also be a chance to ask questions and share some of your experience with others if you want to.

In more depth, we will be exploring the key aspects of our experience and exploring some of the basic principles of meditation. The qualities of openness, relaxation, being honest and trusting your experience will be explored and we will also be looking at why the body is so important in meditation practice. The cost is £85/£75/£65 (Waged/Low-waged/ Concessions).

Sangha Film Night at Earth Café

Following the amazingly successful, over subscribed and down-right-good-fun film evenings held recently at the Jyotivana Women's community, we thought it would be a great idea to open the event to the wider Sangha and ask everyone to come along for a new film night at our very own Earth Café.

The evening will be a lovely way to socialise with other Sangha members and friends, support the Café, as the team try out new evening events, and a fun way to raise money for the Jyotivana community shrine which you will hear more about on the day.

On **Wednesday 22nd July** we will kick off just after 7pm, starting officially at 7.30pm with two short films from our very own Sangha movie makers. Firstly Vanessa Cuthbert, of the current Windhorse prayer flags

project, will screen "Frequency" a short experimental film set on a beach in Barcelona, that echoes the process of focusing the mind in meditation, with a soundtrack of backwards violins and a radio that never quite tunes in. This will be followed by Breathworks guru Vidyamala's film made in 1988 with QEII Arts Council funding in New Zealand called "Dance of the Elements". It is an abstract study of time and space using still images set to an especially commissioned piece of music played by a string quintet, evoking the qualities of earth, water, fire and space and explores perception.

During the intermission there will also be a Special Raffle, with a chance to win some unique items donated by the film directors and other members of the Sangha.

The main feature for the evening is "Journey to Enlightenment" or "The Spirit of Tibet - The Life and World of Dilgo Khyentse Rinpoche, Primary Teacher of the Dalai Lama". Directed by Matthieu Ricard, with commentary from Richard Gere and starring the Dalai Lama as a boy, learning his lessons and having to leave Tibet for India.

Hot food and evening meals will be available until 7pm as usual. After this Earth Café will remain open to serve everyone hot and cold drinks, as well as their lovely cakes, before the start of the films and during the intermission ahead of the main feature. This will start at 8.40pm aiming to finish around 9.30pm. Tickets available on the evening at £5 waged / £3 unwaged with all donations very welcome.

Recognising the Heroes

If you attend the Monday Sangha Nights you are one of the fortunate few. They are led by one of the most experienced teachers not just in our movement but in the Buddhist world as a whole. Perhaps we're too close to appreciate what a gem we have in our midst.

Ratnaguna is a delightful presence both in the classes and in the community we both share. I looked up the word delightful in my trusty Collins dictionary and I was delighted (as it were) to find it means 'giving great delight, very pleasing, beautiful, charming etc..' Yes, that sounds about right.

I was a very fortunate mitra (many years ago of course). My mitra study was led by two of the best in the

business. First Ratnaguna then in Cambridge Ruchiraketu. Ratnaguna used to start our sessions by saying, 'Now for the Holy Dharma'. It was noticeable also that he had done much preparation for the class unlike many of us mitras. His love of the Dharma shone through and its no surprise that he went on to inspire many of us with his knowledge of the wonders of the Vimalakirti and Pure Land sutras.

His love of the Dharma seems to have led him to value reflection. He has pursued this to such an extent he's now in a position to write at length about it. He recently woke up at 6.00 and decided to reflect for awhile and Sona has recounted how he has gone into Ratnaguna's room only to find him sitting staring out of the window.

Ratnaguna has a caring touch which I witness when he is in touch with his mother and daughter as well as Sangha members who maybe just need some reassuring. I've been touched at times to see how generous and kind he is.

His openness about himself especially in chapter meetings is worth noting as is his ability to remember what others have said previously and to ask what is the state of play now.

An attractive and upright man Ratnaguna has given so much to the situation in Manchester since first arriving in 1977. He is a sparkling gem in our midst and I for one am grateful for his continued presence.

Metta,
Sanghaketu

Broughton Diary

The garden is alive and Sona is caring for his clematis. He's been away like me. Ratnaguna and Vilasavajra had the rambling old place to themselves for more than a week.

When Subhuti stayed overnight with his Hungarian friends his response, repeatedly, to things Sona showed him - like our three fridges - was 'Wow'. I came to appreciate our Blue Cliff Community just a fraction more

that night. Not everything is sweetness and light of course. Ratnaguna has had to go across and speak to our sometimes noisy Polish neighbours. We have some adjacent and some across - the north Poles being the quieter.

We have our regular visitors, Vidyamala on Fridays for a competitive Rummy Kub and leisurely breakfast. Then Fiona C. often cooks

on Saturdays and entertains us with tales from the Healing World. Vilasavajra's Helen has prepared at least one exquisite banquet. Vilasavajra and I heroically took on the resulting debris, sorry 'washing up'.

A peaceful oasis just tucked away off the Bury New Road, 'home' I call it.



I think I may have got this wrong - Ed

Sangha Retreat – Still Places

This is a week's retreat in a beautiful Welsh valley in North Wales, a still place for meditation, teachings, time to rest, do nothing and practise sangha. It will be at the Vajraloka Retreat Centre from **6pm on Friday 5th** until **2pm on 12th June** and led by Ratnaguna on the theme of the Three Wisdoms: Listening, Reflecting and Meditating.

Ratnaguna writes:

The three wisdoms can be seen as three different ways through which insight can arise: through listening to a teaching; through deep thought; and through meditation.

Listening means learning from the wise, and to practice this we'll read texts aloud and discuss their meaning; we'll also practice 'deep listening', in which we try to intuit the meaning behind the words, letting ourselves be changed by the teaching.

To reflect is to think deeply about something. Although the Buddhist tradition encourages reflection, not very much has been written about how to reflect. I have been experimenting with 'interactive' reflection – in America, at Dharmapala College in Birmingham, and more

recently in Sweden – in which we reflect together, in pairs and small groups, as well as alone. So far people have found these methods very useful, and we'll explore them further on this retreat.

Finally, we'll be meditating on these teachings, holding them in our awareness in an absorbed, relaxed state of mind, allowing their truth to percolate deeper and deeper into our being. We'll be using a short pithy text, said to be the word of the Buddha:

Better than a thousand useless words is one useful word, hearing which one attains peace

Better than a thousand useless verses is one useful verse, hearing which one attains peace

Better than reciting a hundred meaningless verses is the



reciting of one verse of Dhamma, hearing which one attains peace

Better it is to live one day seeing the Supreme Truth than to live a hundred years without ever seeing the Supreme Truth
Dhammapada

The retreat is suitable for anyone who has done the Buddhism 2 course or beyond and the cost of the retreat is £260/£240/£210 (Waged/Low-waged/Concessions). There are still places so please book at reception with payment.

Buddhafield North

Meditation, Puja and Relaxation Bodywork

A Buddhafield North Men's Camping Weekend from **12th to 14th June** led by Dayavajra and Dayaka. This weekend is an opportunity to deepen your practice of meditation and ritual. We will be meditating on the body, using techniques inspired by Reginald Ray. We will also use grounding and rooting bodywork, based on the ideas of Vanda Scaravelli. In addition to your usual camping gear, please bring a

blanket. (A yoga mat may be useful but is not essential).

It is open to all men with experience of meditation and puja. This retreat will be held outdoors at a beautiful site on Ilkley Moor. Some of our practice will be held outdoors, some in a converted barn.

Both retreats costs the same: £80 (fully waged), £65 (low waged) and £50 (unwaged). More information and booking forms can be found at www.buddhafieldnorth.org.uk

What is Practice, What is Going for Refuge?

A Buddhafield North Women's Camping Weekend from **5th to 7th June** Led by Padmarashini, Tejapushpa and Khemasuri. Our theme is an exploration of what it means to practice - both collectively and individually. How do we make it something real in our lives and how do we experience and express it through language, myth and image. We'll bring the Dakini along to inspire and shake us!

The weekend will include meditation, personal talks, ritual, campfires and time to be in nature.

It is open to all women with experience of meditation and puja. This weekend is a great opportunity to come and be with the Sangha and to live outdoors on this lovely site just by Ilkley Moor.

Bodywise

The new Bodywise programme should be out so don't forget to pick up a copy from the front desk or from Bodywise reception and find out what's going here in the second half of 2009.

June sees the continuation of yoga teacher training with Inner Yoga Trust although you can join mid-year so don't be deterred. The Focusing weekend workshops are also underway but if you want to be kept informed about future events, just ask to be put on our Focusing database and you won't miss another.

Christine is leading a workshop entitled "Unlocking the shoulders and upper back" on **Saturday 13th June, 10am-1pm**. Suitable for those with at least 3 months yoga experience.

Jutika is running a one day massage course on **Saturday 27th June, 10am-4pm**, and having attended two of these workshops in recent times, I'd really recommend you give it a go. Not only do you learn basic massage techniques to try out on grateful family and friends but the day itself is a real pleasure as you give and receive massage all day long! Sheer indulgence – and lots of fun too.

Katy Askew-Gillott is one of our counsellors at Bodywise, the other being Alastair Stewart, and I was really pleased when she offered to introduce herself via the newsletter. This is what she has to say:

"A number of years ago I started a journey. Starting the journey was hard - I mean really

tough; keeping to the path was even harder. I'm still on that journey, but it's much different today. The ground feels solid underneath and I can lift my head and look around me as I walk. I notice much more and I'm frightened of much less. Now I support others as they make their own journeys. Some journeys are brief, others much longer. But they are all meaningful. Sometimes just travelling with someone else makes it lighter work.

Could you be looking for counselling? I am a female person centred counsellor and psychotherapist working at Bodywise. I trained in Nottingham, completing my diploma at the Sherwood Institute. I am currently involved in research for a Masters dissertation. I am an Associate member of the BACP (www.bacp.org.uk) and as such adhere by their code of ethics for practice. As a professional requirement I meet regularly with a therapist more senior than myself (this meeting is called 'supervision'), to support me in my work.

I have particularly worked with women experiencing distress and challenge and have a special interest in working with mothers and the unique challenges they face. I can offer both short and long term therapy and will willingly consider concessional rates. I am available to meet on Monday daytimes and can be flexible with appointments to suit work or personal and family commitments. My website: www.katyaskewgillott.counselling.co.uk might tell you more or contact me directly in confidence at kaskewgillott@gmail.com or on 07508 036009 or via Bodywise at

health@bodywisenaturalhealth.co.uk or 0161 8332528"

Breathworks

The summer Breathworks courses are coming to an end, and will be followed by day retreats open to all graduates of previous Breathworks courses. There is a day event for graduates of the Living Well with Pain and Illness programme at the Centre on June 9th, and for grads of the Living Well with Stress course on June 14th. These are excellent opportunities for a refreshing day of mindfulness practice, as well as to meet with other graduates of the programme.

Also for graduates of the Living Well with Pain and Illness programme, the very popular annual Graduates Retreat will be held at Taraloka Retreat Centre from Sunday 12th to Friday 17th July. This is a chance to take your mindfulness practice deeper in a beautiful countryside setting, with the help of senior Breathworks trainers, as well as to meet other practitioners working with this approach.

Next Newsletter:

The deadline for next month's edition of the newsletter is **20th June**. 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

June

Mon	01	Sangha Night: Visions of the Mahayana <i>What is the Mahayana?</i> - talk by Nagapriya	7 - 9:30
Wed	03	Meditation: Six week courses start - Introductory and 'Going Deeper'	7 - 9:30pm
Fri-Fri	05-12	Sangha Retreat: the Three Wisdoms	
Fri-Sun	05-07	Buddhafield North Women's Camping Weekend led by Padmadarshini, Tejapushpa and Khemasuri	
Sat-Sun	06-07	Bodywise: Inner Yoga Trust Teacher Training led by Pauline	10am - 4pm both days
Sun	07	Full Moon Puja to Kwan Yin	5:45 - 6:45pm
Mon	08	Sangha Night: Visions of the Mahayana <i>The Ideal of Universal Awakening</i> - talk by Nagapriya	7 - 9:30
Tue	09	Breathworks: Living Well with Pain and Illness <i>Day Retreat</i> , at MBC	10am - 4pm
Fri-Sun	12-14	Buddhafield North Men's Camping Weekend led by Dayavajra and Dayaka (see article)	
Sat	13	Bodywise: Yoga – Unlocking shoulders & upper back with Christine	10am - 1pm
Sun	14	Breathworks: Living Well with Stress <i>Day Retreat</i> , MBC	10:30am - 4pm
Mon	15	Sangha Night: Visions of the Mahayana <i>Mahayana Buddhist Scriptures</i> - talk by Nagapriya	7 - 9:30
Sat-Sun	20-21	Bodywise: Focusing (3) – Guiding Skills with Manjudeva & Jutika	10am - 4pm
Sat	20	Urban Retreat - start day: Led by Kavyasiddhi and Suryaka	10am - 4:30pm (see article)
Sun	21	Sangha Midsummer Garden Party - fundraising event at Jyotivana	2 - 6pm
Mon	22	Sangha Night: Visions of the Mahayana <i>Mahayana Philosophy</i> - talk by Nagapriya	7 - 9:30
Sat	27	Bodywise: One day massage course with Jutika	10am - 4pm
Sat	27	Urban Retreat - final day: Led by Kavyasiddhi and Suryaka	10am - 4:30pm
Sun	28	Introduction to Buddhism and Meditation Day	10:30am - 4:30pm
Mon	29	Sangha Night: <i>Visions of the Mahayana</i> - talk and book launch by Nagapriya	7 - 9:30

July

Wed	01	Breathworks: <i>Living Well with Stress</i> course begins at MBC	11am - 5pm
Sat-Sun	04-05	Bodywise: Inner Yoga Trust Teacher Training with Pauline	10am - 4pm both days
Tue	07	DHARMA DAY FESTIVAL	
Fri-Sun	10-12	Weekend Meditation Retreat: <i>Making Friends with Who We Are</i> led by Arthakeut and Balajit at Vajraloka	
Sat-Sun	11-12	Women's Weekend: <i>Three Myths of Spiritual Development</i> with Saddhanandi	8:30am - 3:30pm both days
Sun	12	Buddhism & Meditation Day - Taking It Further	10:30am - 4:30pm
Sun-Fri	12-17	Breathworks: <i>Graduates Retreat</i> , Taraloka Retreat Centre, Shropshire	
Sat	18	Bodywise: Yoga – The ground and sun salutation sequence with Christine	10am - 1pm
Wed	22	Buddhist Film Night at Earth Cafe Arrive 7 - 7:15pm until 9:30pm	
Sat	25	Mula Yoga Day for Order Members: the Offering of the Mandala led by Dayanandi	10am - 5pm
Sat-Sun	25-26	Buddhism & Meditation Weekend - Going Beyond Fear and Dread led by Sona	10am - 5pm both days
Sun	26	Global Sangha Sunday - alternative Sunday mornings with Amitasuri and Arthavadin	10am - 12pm

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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www.earthcafe.co.uk
www.bodywisenaturalhealth.co.uk
www.breathworks-mindfulness.org.uk
www.clear-vision.org
www.manchestermitras.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
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