

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>Listening is a harmless medicine that cures the disease of the delusions.</i> <i>~ Joyful Path of Good Fortune</i>				Canada Day ¹	² 10:30-11:30am Heart Jewel 12:15-12:45pm Lunchtime Meditation	³ 8:30-9:30am Wishfulfilling Jewel with food offering 7pm GP – Stratford
⁴ 10am Prayers for World Peace 4pm Foundation Program	⁵ 12:15-12:45pm Lunchtime Meditation 2:30-3:30pm Heart Jewel 7pm GP – Guelph	⁶	⁷ 12:15-12:45pm Lunchtime Meditation 2:30-3:30pm Heart Jewel	⁸ 7pm GP – Cambridge	⁹ 10:30-11:30am Heart Jewel 12:15-12:45pm Lunchtime Meditation 7:30pm GP – Kitchener/Waterloo	¹⁰ 8:30-9:30am Wishfulfilling Jewel with food offering 7pm GP – Stratford
¹¹ 10am Prayers for World Peace 4pm Foundation Program 6:30pm Offering to the Spiritual Guide	¹² 12:15-12:45pm Lunchtime Meditation 2:30-3:30pm Heart Jewel 7pm GP – Guelph	¹³ 7pm GP – Elora	¹⁴ 12:15-12:45pm Lunchtime Meditation 2:30-3:30pm Heart Jewel	¹⁵ 7pm GP – Cambridge	¹⁶ 10:30-11:30am Heart Jewel 12:15-12:45pm Lunchtime Meditation 7:30pm GP – Kitchener/Waterloo	¹⁷ 8:30-9:30am Wishfulfilling Jewel with food offering 10-11:30am Creemore Public Talk 7pm GP – Stratford
¹⁸ 10am Prayers for World Peace 4pm Foundation Program	¹⁹ 12:15-12:45pm Lunchtime Meditation 2:30-3:30pm Heart Jewel 7pm GP – Guelph	²⁰ 7pm GP – Elora	²¹ 12:15-12:45pm Lunchtime Meditation 2:30-3:30pm Heart Jewel	²² 7pm GP – Cambridge	²³ 10:30-11:30am Heart Jewel 12:15-12:45pm Lunchtime Meditation 7:30pm GP – Kitchener/Waterloo	²⁴ 8:30-9:30am Wishfulfilling Jewel with food offering
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STUDY PROGRAMS

- **GENERAL PROGRAM (GP)** – provides a basic introduction to Buddhist meditation and practice and are suitable for everyone
- **FOUNDATION PROGRAM (FP)** – a systematic study course designed to deepen your experience of Buddha’s teachings

LOCATION

Guelph - Kalpa Bhadra Buddhist Centre - 42 Quebec Street, Guelph
Kitchener / Waterloo - Blue Skies Yoga & Eco Store, 55 Victoria Street North, Suite G, Kitchener
Cambridge - Cambridge Centre for the Arts, 60 Dickson Street (Donaldson Room), Cambridge
Elora - Elora Public Library, 144 Geddes Street, Elora

CHANTED PRAYERS: Open to all, free of charge

- **TARA PRAYERS** – Requests for protection & guidance from the Blessed Mother Tara (1 hour)
- **HEART JEWEL (HF) & WISHFULFILLING JEWEL (WFJ)** – The heart prayers of Kadampa Buddhism (1 hour)
- **OFFERING TO THE SPIRITUAL GUIDE (OSG)** – An extensive Kadampa practice to receive inspiration and blessings from the Wisdom Buddha Je Tsongkhapa (2 hours)
- **MELODIOUS DRUM (Kangso)** – Making requests & offerings to receive blessings and guidance from the Dharma Protector Dorje Shugden (3.5 hours)

Advice from Atisha's Heart	
January	Since you cannot become a Buddha merely by understanding Dharma, practice earnestly with understanding.
February	Avoid places that disturb your mind, and always remain where your virtues increase.
March	Since there is never a time when worldly activities come to an end, limit your activities.
April	Dedicate your virtues throughout the day and the night, and always watch your mind.
May	If you practice with great devotion, results will arise immediately, without your having to wait for a long time.
June	If from your heart you practice in accordance with Dharma, both food and resources will come naturally to hand.
July	Friends, the things you desire give no more satisfaction than drinking sea water, therefore practice contentment.
August	Avoid all haughty, conceited, proud, and arrogant minds, and remain peaceful and subdued.
September	Profit and respect are nooses of the maras, so brush them aside like stones on the path.
October	Do not be jealous of others' good qualities, but out of admiration adopt them yourself.
November	Do not look for faults in others, but look for faults in yourself, and purge them like bad blood.
December	See all living beings as your father or mother, and love them as if you were their child.