

KADAMPA MEDITATION CENTER LONG ISLAND

EVERYONE WELCOME!

MEDITATIONONLONGISLAND.ORG

282 NEW YORK AVENUE HUNTINGTON, NY 11743

SEE WEBSITE FOR MORE INFORMATION OR CALL (631) 549-1000

March / April 2017

SUNDAY CLASSES

Clarity of Mind

10 - 10:45am | \$5

Explore this powerful meditation on the nature of the mind and experience deep inner peace through concentration.

Living Meaningfully, Dying Joyfully (March) 11:30am - 1pm | \$15

Buddha's insight into death and dying will give us an awareness of our own mortality in a way that will enrich and transform our life.

Transcending Fear (April)

11:30am - 1pm | \$15

Remove the basis of all fear by taking to heart teachings on the true nature of reality.

Children's Class | Teens Class

11:30am - 1pm \$3 child | \$7 teen

DAYTIME CLASSES

Prayers for World Peace

Mondays | 12 - 1pm | *By donation*

Prayers for cultivating inner peace, the best method for establishing world peace.

Unwind Your Mind

Tuesdays | 12 - 12:30pm | \$5

Take a break from the busyness of daily life with this lunchtime meditation.

Soup and Serenity

Wednesdays | 12 - 1:30pm | \$10

Join us for engaging teachings, meditations and homemade vegetarian soup for lunch.

Inner Healing Power of Meditation

Thursdays | 12 - 12:45pm | \$5

Develop inner peace and a positive outlook while putting compassion into action.

EVENING CLASSES

Healing Meditations

Mondays | 7 - 8pm | \$10

Join us as we engage in healing meditations inspired by the practice of Medicine Buddha.

Anger Solves Nothing

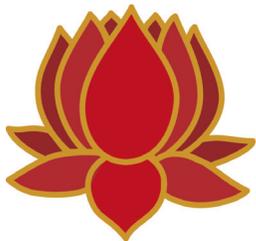
Tuesdays | 7 - 8:30pm | \$15

Anger is a mind-poison that destroys happiness and takes the joy out of life. This course looks at why anger arises and how to manage anger through engaging in simple meditation techniques. Be kind to yourself and others, learn to stop any form of anger.

Clarity of Mind

Wednesdays | 7 - 8pm | \$10

Develop deep concentration and experience your potential for peace and freedom.



meditationonlongisland.org

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WORKSHOPS

Anger: Power or Poison?

March 11 | Sat. | 10am - 1pm | \$20

Anger can destroy our health, our relationships, and certainly our happiness. Why do we get angry? What is the cause of our anger and what is the solution? Can we be powerful agents of change without anger? In Buddha's teachings we can find methods to free ourselves from this agitated, distorted state of mind, and we can learn how to harness the power of clarity, compassion and wisdom.

Parents & Babies Meditation

Thursdays | 10:30-11:30am | \$5

Practical advice to help us through the changes and challenges that come along with nurturing a new life.



RETREATS

24-Hour Green Tara Retreat

April 7-8 | Fri-Sat. | FREE

Session Times: 8pm, 12am, 4am, 8am, 12pm, 4pm, 8pm

Tara is a female Buddha, who is the embodiment of swift compassion. If we rely upon Tara with strong faith, she will protect us from all obstacles and fulfill all our wishes.

Nyungnä Purification Retreat

April 14-15 | Fri-Sat. | FREE |

See website for times

To celebrate Buddha's Enlightenment Day, we engage in the practice of 1,000-armed Avalokiteshvara. It is a wonderful meditation on love and compassion, and deeply effective for purifying negative karma.



SPECIAL EVENTS

The Blessing Empowerment of Buddha Tara

March 19 | Sun. | \$50 non-members; \$25 members; \$30 non-members

Empowerment only - includes lunch

11am - 1pm Empowerment

2:30pm - 4pm Commentary

Register in advance online

Join us for the empowerment of Buddha Tara - a beautiful guided meditation through which we'll receive a transmission of inspiration and insight from an enlightened mother-protector. With her guidance, we ourselves can transcend fear and awaken to our highest potential. We can become an enlightened protector who brings wisdom and compassion to the world.