

Introduction to Buddhism



Join us for our ongoing 16-week introductory series on the essential points of the Buddhist path. Topics covered include the life of the Buddha, working with emotions, the four seals of the Buddha's teachings, karma, rebirth, selflessness, and the four foundations of mindfulness.

The four courses of this series will run from mid-September through January as our Wednesday night Open House talks. **All are welcome!**

Open to new and returning students who may attend these classes on a drop in basis. These courses are free, though donations are accepted. Each course has an accompanying sourcebook based on the teachings of The Dzogchen Ponlop Rinpoche that is available for purchase at the Nalanda West bookstore. It is recommended that class readings be done prior to each class. Please check our website for bookstore hours.

These courses present the foundational concepts necessary for later curriculum classes - Hinayana and Mahayana - which delve into more technical detail into the "Science of Mind" scheduled to begin in February.

6:30: Meditation instruction weekly, 7:00 – 8:30: Class, 8:30: Tea and social/ bookstore open

Learn about Karma, Rebirth, Selflessness, relationship with a Spiritual Friend, and contemplative practices in meditation.



Wednesdays: 7 - 8.30 pm
thru January 27th
Nalanda West

Center for American Buddhism
3902 Woodland Park Ave. N Seattle, WA 98103
www.nalandawest.org