

**KADAMPA MEDITATION CENTER COLORADO**  
**Modern Buddhism for Everyone**

***The New Eight Steps to Happiness*** - Tuesday Evenings @ Cap Hill Branch

**Sept, 2017**

- 5: Happiness from a different source
- 12: Broadening our horizons
- 19: Free our mind (& the rest will follow)
- 24: Understanding the bigger picture of our lives

**Oct, 2017**

- 3: Being a Bodhisattva for our world
- 10: Step 1 ~ Awakening the heart
- 17: Step 1 ~ There is no them and us
- 24: Step 1 ~ Love is all you need
- 31: Step 1 ~ The benefits of cherishing others

**Nov, 2017**

- 7: What is Tantra?
- 14: Step 2 ~ Overcoming our faults
- 21: Step 2 ~ How to respect others
- 28: Step 2 ~ A practical way to world peace

**Dec, 2017**

- 5: Step 2 ~ The power of humility
- 12: Step 3 ~ Selfishness is self-defeating
- 19: Step 3 ~ Escaping the prison of self
- 26: Step 3 ~ What is the greatest spiritual practice?

**Jan, 2018**

- 2: Step 3 ~ Exchanging self with others
- 9: Step 4 ~ Heart of compassion

16: Step 4 ~ Making valuable friends

23: Step 5 ~ Giving happiness. **With visiting teacher, Kelsang Tabkay.**

30: Step 5 ~ Transforming difficulties into valuable insights.

## **Feb, 2018**

6: Transforming the world we live in

13: Step 6 ~ Offering the victory

20: Step 7 ~ The magical practice of taking and giving

27: Step 7 ~ Making others happy

## **Mar, 2018**

6: The supreme good heart

13: Step 8 ~ Increasing insight and wisdom

20: Step 8 ~ No self

27: Mindfulness in daily life