

KADAMPA MEDITATION CENTER COLORADO
Modern Buddhism for Everyone

The New Eight Steps to Happiness - Wednesday Evenings @ KMC Colorado

Sept, 2017

- 6: Happiness from a different source
- 13: Broadening our horizons
- 20: Free our mind (& the rest will follow)
- 27: Understanding the bigger picture of our lives

Oct, 2017

- 4: Being a Bodhisattva for our world
- 11: Step 1 ~ Awakening the heart
- 18: Step 1 ~ There is no them and us
- 25: Step 1 ~ Love is all you need

Nov, 2017

- 1: Step 1 ~ The benefits of cherishing others
- 8: What is Tantra?
- 15: Step 2 ~ Overcoming our faults
- 22: Step 2 ~ How to respect others
- 29: Step 2 ~ A practical way to world peace

Dec, 2017

- 6: Step 2 ~ The power of humility
- 13: Step 3 ~ Selfishness is self-defeating
- 20: Step 3 ~ Escaping the prison of self
- 27: Step 3 ~ What is the greatest spiritual practice?

Jan, 2018

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

17: Step 4 ~ Making valuable friends

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

31: Step 5 ~ Transforming difficulties into valuable insights.

Feb, 2018

7: Transforming the world we live in

14: Step 6 ~ Offering the victory

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

28: Step 7 ~ Making others happy

Mar, 2018

7: The supreme good heart

14: Step 8 ~ Increasing insight and wisdom

21: Step 8 ~ No self

28: Mindfulness in daily life