

KADAMPA MEDITATION CENTER COLORADO
Modern Buddhism for Everyone

How to Transform Your Life - Thursday Evenings @ KMC Colorado

Read ahead for next week! This document is updated regularly so that you can contemplate the upcoming topic and study the pages from the book in advance. Preparing for class in this way will help deepen your understanding and meditations. **This drop-in class is held each week without interruption.**

Jan, 2018

- 11: How we create our samsara. Pages 55-59.
- 4: Self-grasping ignorance and how to get rid of it. Pages 50-53.

Dec, 2017

- 28: Special holiday teaching.
- 21: Types of karma. Page 50.
- 14: Rebirth and karma. Pages 46-53.
- 7: Understanding karma, part 2. Pages 43-46.

Nov, 2017

- 30: Understanding karma, part 1. Pages 41-43.
- 23: No Class, Thanksgiving
- 16: Understanding karma. Pages 36-41.
- 9: What is Tantra?
- 2: Living meaningfully, dying joyfully. Pages 35-39.

Oct, 2017

- 26: Living with the awareness of impermanence. Pages 31-34.
- 19: How to make the most of each moment & go with the flow. Pages 29-31
- 12: Buddha's case for past and future lives. Pages 19-27.
- 5: What is our mind, how does it work? Pages 15-18.

Sept, 2017

28: From inner peace comes world peace. Pages 11-14.

21: Inner peace. Pages 8-11.

14: Our precious human life. Pages 4-8.

7: Finding happiness from a different source, Introduction. Pages 3-4.