

KADAMPA MEDITATION CENTER COLORADO  
Modern Buddhism for Everyone

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

**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