

KADAMPA MEDITATION CENTER COLORADO
Modern Buddhism for Everyone

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

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: Love without pain

20: Step 6 ~ Offering the victory

27: Transformation through imagination: Introduction to Tantra and purification practice

Mar, 2018

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

13: Step 7 ~ Making others happy

20: The supreme good heart

27: Step 8 ~ Increasing insight and wisdom

Apr, 2018

3: Step 8 ~ No self

10: Mindfulness in daily life