

“Many people who visit Lam Rim Buddhist Centre comment on how peaceful it is. This tranquillity is not brought about by living in the country, otherwise all country houses would be peaceful. That is not so. This tranquillity is brought about by constant practice. People do not realise that. The more effort one puts into spiritual practice, the more peaceful one’s mind becomes and then one generates calmness.”

- Ven. Geshe Damchö Yönten

As this is a spiritual meditation centre you can also help to maintain the peace and tranquillity by being mindful of your actions. We ask you to undertake:

- to refrain from harming or killing anything;
- to refrain from taking that which is not freely given;
- to refrain from all forms of immorality or any action which is subject to blame;
- to refrain from speaking falsely, harshly or unkindly;
- to refrain from using tobacco, alcohol or recreational drugs which cause the mind to lose its natural clarity.

We also request that you wear appropriate clothing at all times, thereby not causing any embarrassment to the Sangha.

HOW TO FIND US

By Road:

1. From London/Bristol: M4 to Junction 24, then A449 north towards Monmouth.
2. At the 2nd junction, take the slip road to join the A40 towards Abergavenny. Cross over to the right-hand filter and cross over the A40, then take the left-hand filter. There is a small sign for TREGARE, turn left into a country lane.
3. There are 3 miles of lanes, follow lane to T-junction, then turn left.
4. Pass a church, and two cottages. Sign post PENRHOS, then turn right.
5. Third turning on the right, sign post PENRHOS, then turn right again.
6. Pass another church, the Old Vicarage is on the right, and 600 yards on the left is Lam Rim Buddhist Centre.

By Train: Paddington to Newport. Change at Newport for Abergavenny. From the North there are connections to Abergavenny. Taxis run from Abergavenny to Penrhos.

By Coach: Victoria to Newport Bus Station. Bus from Newport to Raglan. Please telephone the Centre from Raglan if you need to be collected. Some national buses run to Abergavenny. Taxis run from Abergavenny to Penrhos.

Keeping In Touch & Costs

Join our mailing list (regular)...£6.00

Become a Friend of Lam Rim

- receive the programme and our Mandala newsletter - (annual)...£15.00

Become a Guardian of Lam Rim

By becoming a 'Guardian of Lam Rim' you will be helping Lam Rim Buddhist Centre cover its overheads and running costs. You can donate online, you can also GIFT AID your donations.

VISITS: 4 bedded units + full board per day £60.00pp
Single room + full board per day £70.00

Courses Excluding Tutor's Fee (per weekend):

4 bedded room + full board £120.00pp
Twin bedded room + full board ... £140.00pp
Single room + full board £140.00

MEALS: Breakfast £7.00
(All Vegetarian) Lunch..... £9.00
Supper..... £7.50
Tea/Herbal teas..... £5.50



A luxury retreat facility
THE COACH HOUSE



Two light and spacious, self contained apartments with en-suite facilities. Alternative accommodation for your weekend course (excluding tutor's fee). Weekend (course)£190 each per apartment for two.

Individual Meditation Retreats (self-catering):

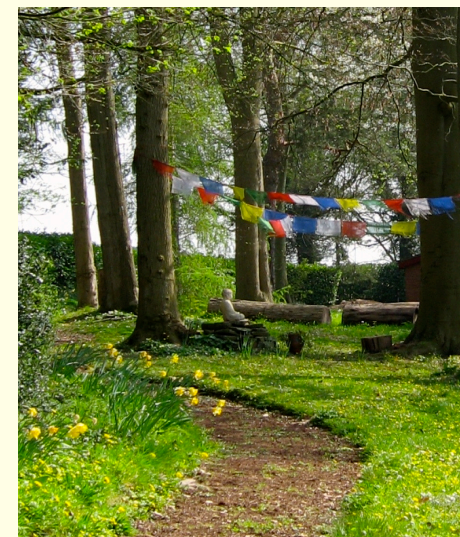
Programme to be submitted to the Spiritual Director.

Per day£40 per apartment for one
7 day retreat.....£250 per apartment for one

LAM RIM BUDDHIST CENTRE

A COUNTRY RETREAT IN SOUTH WALES

We follow the path of the Buddha in accordance with the wishes of HIS HOLINESS the 14th DALAI LAMA



SPRING / SUMMER 2013

LAM RIM BUDDHIST CENTRE

Penrhos . Raglan

Usk . Monmouthshire. NP15 2LE

☎ 01600 780383

web site: www.lamrim.org.uk/wales/

e-mail: margaret@lamrim.org.uk

Registered Charity No. 326675

All courses and retreats start at 7:00pm with supper on the 1st day, and finish after lunch on the final day. Arrivals from 4:30pm.
For further information about the courses and retreats, please visit our website at www.lamrim.org.uk/wales/

MARCH

RETREAT TRANSFERRED TO Sat 4th MAY (11am) - Mon 6th MAY (10am) - CALM ABIDING with Ven Geshe Damcho Yonten.

There are 6 preconditions for Calm Abiding Meditation Retreat. They are:- Staying in a harmonious environment; Having few needs; having a mind of contentment; Not engaging in distracting activity; Engaging in pure ethical practice and Abandoning worldly thoughts.

Lam Rim has the perfect conditions to enable one to engage in this Meditation Practice. Guided by Ven Geshe Damcho-la through teachings, short sitting and walking meditations wrapped within the practice of Noble Silence. Suitable for all who wish to experience the benefits of a spiritual practice during this very special weekend. An opportunity to develop a quiet mind, and abide in calmness and tranquility.

Total Cost £130pp residential inclusive of vegetarian meals and refreshments. + £25 single supplement. + Offering Donation. Non-Residential £95pp inclusive of lunch and refreshments.

APRIL

13th (Saturday 10am) WALK ON THE WILD SIDE - Healthy Lifestyle Saturday Workshop led by Creta Cota Sue an experienced walker and qualified guide.

Come and join us exploring the local countryside instead of walking round and round the lanes.

4 to 5 miles. 2 hours maximum. Suitable footwear must be worn and consider the weather for clothing. A hat, and fold-up waterproof would be helpful. We will return to Lam Rim about 12.30 to a bowl of hot soup and fresh bread.

Total Cost £6pp

20th (Saturday 10:00 - 4:30) MASTERCLASS with Ven Geshe Damcho-la. Ven Geshe Damcho-la has agreed to give two further Masterclasses this season, teaching from the text of 'Nagarjuna's Letter to a Friend'. Nagarjuna wrote this letter to his friend, ...

...King Satavahana on how to integrate spiritual values into daily life. Nagarjuna's advice is still of special interest to those who wish to cultivate spiritual practice whilst continuing to live and work in society. Teachings, Meditation and Discussion. All are welcome.

Please contact Lam Rim Centre for bookings.

Total Cost £35pp (inclusive of vegetarian lunch and refreshments)

27th (Saturday 10:00 - 4:30) GENTLE MINDFULNESS DAY - Healthy Lifestyle Saturday Workshop led by Dan Buys. A special opportunity to develop your capacity to be spacious and present in gentle, kind ways and promote your potential for healing in this very special environment. This workshop is intended for beginners and experienced mindfulness practitioners alike.

Total Cost £25pp (inclusive of vegetarian lunch and refreshments)

JUNE

1st (Saturday 10:00 - 4:30) REFUGE DAY with Ven Geshe Damcho Yonten, Spiritual Director.

Ven Geshe Damcho-la has been requested to give a 'Refuge Ceremony'. This is an important commitment as one undertakes to trust in the Buddha, Dhamma and Sangha, and to keep at least one of the five precepts. This opportunity is precious as the duration of our life is uncertain and we have the opportunity now to renew our vows.

Total Cost £30pp (Inclusive of vegetarian lunch and refreshments)

8th (Saturday 10 - 4:30) SIMPLY CHANTING - Healthy Lifestyle Saturday Workshop led by Caroline McCookweir.

Chanting unifies body, speech and mind in a sacred expression of sound. It has been used for thousands of years in religious practice, in the beautiful plainsong of the Christian tradition, the call of the Muezzin, and the Pali & Tibetan Chants of the Buddhist Monastics. This workshop will combine simple vocal and breathing exercises,

.....meditation, chanting and singing. The idea is to enjoy creating sound as an offering. Everyone is welcome, no experience necessary.

Total Cost £25pp (Inclusive of vegetarian lunch and refreshments)

22nd (Saturday 2:30 - 5:30) A LIVE MUSICAL PICNIC - led by Paul, Caroline and Friends.

An opportunity to have some fun and enjoy live music, played by our friends. Community singing maybe for a spontaneous happening. *PLEASE BRING SOME FOOD TO SHARE.* All are welcome, young and old.

No Charge, however donations are welcome.

29th (Saturday 10:00 - 4:30) MASTERCLASS with Ven Geshe Damcho-la. Further teachings from the text 'Nagarjuna's Letter to a Friend'. Teachings, Meditation and Discussion. All are welcome. Contact Lam Rim for bookings.

Total Cost £35pp (inclusive of vegetarian lunch and refreshments)

Ven Geshe Damcho-la's Regular Teaching Dates -
(Suggested donation of £5; includes of refreshments)

SUNDAYS 3:30 - 4:30pm Text: 'Liberation in the Palm of your Hand - Pabongka Rinpoche'

March 3, 10, 17; April 7, 14; May - No Teachings; June 9, 16, 23; July 7, 14.

Tuesdays 11 - 12 noon. Text: 'Guide to the Bodhisattva Way of Life' - Shantideva

March 5, 19; April 16; May - No Teachings; June 4, 18; July 2, 16.

