

VOOR EEN WARM HART EN EEN HELDERE GEEST



Maitreya Instituut

TEACHERS VISITING THE NETHERLANDS

Geshe Sonam Ngodrup

Loenen:

Feb 28/Mar 2 - Developing Insight

Amsterdam:

Mar 8 - Diamond Sutra

Mar 9 - Jenang & Commentary 'Orange Manjushri'



Ven. Thubten Chödrön

Apr 16 - Public Talk 'Letting go of worldly concerns' in Amsterdam

Apr 18/20 - Teaching & Meditation weekend

'The Perfections: Patience, Joyous Effort & Ethics' in Loenen



Ven. Amy Miller

Will be staying with us again in 2025 in the month of May & part of June and again in Sep & part of Oct (see below)



BUDDHIST PHILOSOPHY & PSYCHOLOGY: STUDY PROGRAMS & COURSES

Discovering Buddhism with Annelies van der Heijden (onsite & online)

Weekly - Monday 20.00-21.30 hrs (extra guided meditation - 19.00-19.45 hrs) - starts Jan. 20

The goal of this series - with 14 separate modules - is to awaken the limitless potential of your mind. Students gain a theoretical and experiential taste of the Buddha's teachings, into Buddhist meditation, and the skills you need to make your life most meaningful. First modules: Mind and Its Potential, How to meditate, Presenting the path, Death and impermanence. (Additional: practice mornings)



In-Depth Meditation Training with Ven. Losang Gendun (online & periodically onsite)

Weekly - Saturday 15.30-18.00 hrs (guided meditation & teaching) - Feb. 1

A 4-year meditation training offering guided meditations, in-depth lectures and practical tools for modern practitioners, emphasizing direct experience, personal transformation and real-world applicability. (Optional: IDMT oefenmiddagen in het Nederlands)



Series Developing Method & Wisdom with Geshe Sonam Ngodrup (online)

Monthly - Wednesday 19.00 - 21.30 hrs - starts March 5

Method: Praise to Manjushri (Lama Tsongkhapa), Bodhisattvacaryavatara – Concentration (Shantideva). Wisdom: 'In Praise of Dharmadhatu' (Nagarjuna)



Maitreya Instituut
WARM HEART CLEAR MIND



Exploring Buddhism with Geshe Namdak & Geshe Lösel (online)

Weekly - Thursday 19.00 - 21.30 hrs - starts Jan 16

Mod. 3 Fundamentals of Reasoning and Debate

Mod. 4 Sutra Grounds and Paths



Buddhist Mindscience with Marina Brucet & Johan Burghardt (online)

Weekly - Wednesday 19.00 - 20.30 hrs - starts Jan 8

Mod. 4 Fundamental trainings to cultivate lasting happiness /

Mod. 5 Wise paths to the heart / Mod. 6 The nature of perception /

Mod. 7 Embodying warmheartedness and wisdom



CITY WEEKENDS - TEACHING & MEDITATION (ONLINE & ONSITE)

Ven. Losang Gendun - The Buddhist Vows

Feb 8/9 - Refuge and Lay Vows

June 14/15 - Aspiring Bodhisattva Vows

Nov 8/9 - Engaging Bodhisattva Vows



Ven. Amy Miller - Teaching & Meditation - starts Apr 29

Weekly teachings: Tuesday - Lojong / Wednesday - Introduction to Tantra

Weekends: May 2-4 'Everything comes from the mind (karma)'

May 16-18 'This is going to happen to you (death & impermanence)'

June 6-8 'Lojong & 1000-armed Chenrezig' (Loenen)

MEDITATION & PRACTICE

Lamrim meditatie- & reflectie groep met Constantijn Koopman en Silvie Walraven

Wekelijks - Donderdag 19.00 - 21.00 uur (centrum & online) - **start Jan 16**

Dutch or English depending on the participants



Inner Potential Practices with Annelies van der Heijden

Weekly - Tuesday 19.30 - 20.30 hrs - **starts Jan 21**

Buddhas: Green Tara / Chenrezig / Orange Manjushri Medicine Buddha healing /

Vajrasattva (center and online)



Evening Group Meditation with a.o. Annelies van der Heijden

Weekly - Monday 19.00 - 19.45 hrs (onsite & online) - **starts Jan 13**

Online ochtendmeditatie / morning meditation

Nederlands - woensdag, donderdag & vrijdag 7.30 - 8.00 uur - **starts Jan 15**

Engels - dinsdag 7.30 - 8.00 uur - **starts Jan 14**

Sunday morning meditation - For a peaceful life with Ven. Gönpö

Weekly - Sunday 10.00 - 11.00 hrs (online) - **starts Jan 19**



WORKSHOPS & TALKS

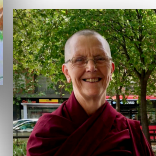
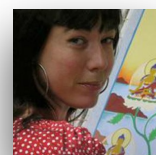
Thangka Art Workshop with Carmen Mensink (16 Feb)

'Karma & Sterven' met Eerwaarde Yangdzom (nog te bepalen)

Talks with Andy Wistreich

Dharma Activism (24 Jan) / A Bodhisattva's response to the planetary crisis (21 Feb) /

A Tantric Yogi's response to the planetary crisis (14 Mar) - online



JOINT RITUALS & PRAYERS / GEZAMENLIJKE RITUELEN & GEBEDEN

Pujas: Chittamani Tara, Medicine Buddha, Guru

Recitation: Prayers for Peace and the World (Monday) Golden Light Sutra incl. Rolling Mantras together (Sunday), Chanting the Names of Manjushri (Thursday)

Rituelen voor het redden van dieren (various days)

