

VOOR EEN WARM HART EN EEN HELDERE GEEST



Maitreya Instituut

TEACHERS VISITING THE NETHERLANDS

Ven. Amy Miller

- a. Path to Joy
- b. Love, attachment, desire and creating healthy relationships
- c. Path to Authentic Illumination



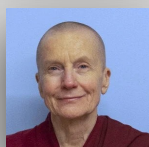
Ven. Losang Gendun

- a. In-Depth Meditation Training
- b. Engaging Bodhisattva Vows



Ven. Sangye Khadro

- Meditating on the stages of the Lamrim
- a. Oct 22 - Public Talk in Amsterdam
- b. Oct 24/26 - Teaching weekend in Loenen



Geshe Tenzin Namdak

- Oct 17/19 Ethiek, concentratie en wijsheid (teaching weekend in Loenen)



Special Event: FPMT's Planetary Crises Summit 2025

—> Resilient to be, Empowered to act (27/28 September)

Contributions from Ven. Amy Miller, Ven. Losang Gendun, Andy Wistreich, David Midgley a.o.

BUDDHIST PHILOSOPHY & PSYCHOLOGY: STUDY PROGRAMS & COURSES

In-Depth Meditation Training with Ven. Losang Gendun (online & periodically onsite) - Year 3 Emptiness & Buddha Nature

Weekly - Saturday 15.30-18.00 hrs (guided meditation & teaching) - Start Sep. 6

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. New students are welcome to join (intermediate level).



Weekend - Engaging Bodhisattva Vows - Nov 8/9

Courses & City Weekend with Ven. Amy Miller (onsite & online)

Evening courses from 19.00-21.00 hrs:

- a. The path to Joy (Tuesdays starts Sep. 16) - The steps on the path to enlightenment (Lam Rim), the foundational philosophy of Tibetan Buddhism, will be interwoven with insights of The Book of Joy of Bishop Desmond Tutu and His Holiness
- b. Love, attachment, desire and creating healthy relationships (Wednesdays starts Sep. 17) - The key to creating more harmony on the planet is to create healthy relationships with all we encounter. This is not always easy.



City Weekend: Authentic Illumination - Mapping our Path to Enlightenment through Guru Yoga and Lam Rim Meditation (Sep. 12/14) The Lam Rim outlines a clear methodical system of stages and practices in a uniquely progressive way helping practitioners navigate their spiritual journey with clarity and purpose. For intermediate students.



Maitreya Instituut
WARM HEART CLEAR MIND



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

Monthly - Wednesdays from 19.00-21.00/21.30 hrs starts Sep 5

Method: Mind Training Like the Rays of the Sun

Wisdom: A Discussion Between Self-Grasping and Wisdom Realizing Emptiness



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

Weekly - Monday 20-21.30 hrs (extra guided meditation - 19.00-19.45 hrs) - starts Sep. 1

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.

Modules: *The Spiritual Teacher and Karma.* (Additional: practice mornings)



Buddhist Mindsience with Annelies van der Heijden (onsite & online)

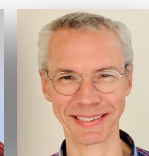
Weekly - Wednesday 19.30 - 21.00 hrs - starts Nov. 11

Discover the workings of the mind and the mechanisms of suffering and happiness and unlock your potential for mental balance, compassion and wisdom. Starting with *Module 1- Cultivating lasting happiness: What Buddhism and Science Have to Say about It*

Buddhism in a Nutshell with Silvie Walraven & Constantijn Koopman

Monthly - Sunday 13.30 - 16.30 hrs - starts Oct. 19

Over five Sunday afternoons we will share an approachable overview of Buddhist perspectives on the mind, human experience, and the world around us.



MEDITATION & PRACTICE

Meditation & reflection for mindful parenting with Ven. Gönpö

Bi-Weekly - Sunday 10.00 - 11.00 hrs (online) - **starts Oct. 19**



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

Weekly - Monday 19.00 - 19.45 hrs (onsite & online) - **starts Sep. 1**

Online ochtendmeditatie

Geleid door ervaren beoefenaars, in het Nederlands

Dinsdag tot en met vrijdag 7.30 - 8.00 uur - **start sep. 2**

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

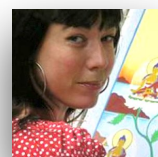
Wekelijks - Donderdag 19.00 - 21.00 uur (centrum & online) - **start sep. 4**

WORKSHOPS

Thangka Workshops with Carmen Mensink

a. Medicinal plants of the Medicine Buddha (English/Dutch) - Oct 5

b. Introductie Workshop: Het Gezicht van de Boeddha - nov. 29 (bij Rigpa Amsterdam)



JOINT RITUALS & PRAYERS / GEZAMENLIJKE RITUELEN & GEBEDEN

Pujas

- Chittamani Tara
- Medicine Buddha
- Guru

Recitations

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

Animal Liberation (various days) - special event for the liberation of pets (to be planned)

