

VEN CHODRON'S 2014/2015 TEACHING PROGRAM

Date/Time	Topic and Venue
Dec 05 (Fri) 7.30 – 9.30 pm (Registration Required) Refer to NOTE A)	“Think out of the Box” Kong Meng San Phor Kark See Monastery, Medicine Buddha Hall, Level 2 of 10,000 Buddha Pagoda, 88 Bright Hill Road Singapore 574117, Tel: 6849 5345, Email: Youth@kmspks.org
Dec 06 – 07 (Sat & Sun) 10am – 5.00pm (Registration Required) Refer to NOTE B)	“Creating the Causes for Happiness” (2-Day Retreat – Registration Required) Organised by Buddhist Fellowship Tel: 6278 0900. Retreat Venue at Poh Ming Tse Temple, 438 Dunearn Rd Singapore 289613 Tel: 6466 0785
Dec 08 – 09 (Mon & Tues) 7.30 – 9.30 pm Free Admission	“Courage in the Face of Harm” – Far-Reaching Fortitude from “A Guide to A Bodhisattva’s Way of Life” by Shantideva Pureland Marketing, 483 Sims Ave Singapore 387555 Tel: 6297 4747
Dec 10 (Wed) 7.30 – 9.30pm Free Admission	“The Path To Nirvana” Wat Palelai Buddhist Temple, 49 Bedok Walk Singapore 469145. HP: 9798 6389 Bro Choon Fah
Dec 11 (Thurs) 7.30 – 9.30pm Free Admission	“Cultivating Faith In The Three Jewels” Buddhist Fellowship West Centre, 2 Telok Blangah Street 31, #02-00 Yeo’s Building, Singapore 108942 Tel : 6278 0900
Dec 12 (Fri) 7.30 – 9.30pm Free Admission	“A Buddhist Response To Religious Fundamentalism” The Buddhist Library, No. 2, Lorong 24A Geylang Road Singapore 398526 Tel : 6746-8435
Dec 13 (Sat) 10.00am – 12.00 pm Free Admission	“Living with an Open Heart” – Book Launch Poh Ming Tse Temple, 438 Dunearn Rd Singapore 289613 Tel: 6466 0785 Tel : 6466 0785
Dec 14 (Sun) 11.00am– 12.30pm Free Admission	“Healing the Mind: Perspectives from Buddhism and Psychology” Buddhist Fellowship West Centre, 2 Telok Blangah Street 31, #02-00 Yeo's Building, Singapore 108942 Tel : 6278 0900

Jan 01 (Thurs)
 7.30 – 9.30 pm
 Free Admission

“Buddhism: One Teacher, Many Traditions”
 Vimalakirti Buddhist Centre (Cheng Beng Buddhist Society),
 20 Lorong 27A Geylang S(388112) Tel: 6748 5132

- NOTE:**
 - A) **Online Registration Link for “For Think out of box”**
<http://www.kmspks.org/courses/think-out-of-the-box/>
 - B) **Registration is required for the 2-day Retreat: “Creating The Causes For Happiness.” Enquiries for retreat Tel: 6278 0900; Email: info@buddhistfellowship.org**
 - C) **For talks labeled Free Admission, no registration is required.**
- 1) Think Out Of The Box**
 “This is who I am, this is how I will always be, I can’t change!” Have you ever stopped to question your ideas about who you think you are? Venerable Thubten Chodron challenges us to step out of the mental box we have created for ourselves, and to develop confidence in our potential to cultivate our good qualities to their fullest.
 - 2) Creating The Causes For Happiness - 2 Days Retreat (Registration Required)**
 Would your life would be better, if only you had the perfect body, perfect partner, perfect job and perfect home? Think again! Instead of spending our lives chasing after illusory pleasures, join Venerable Thubten Chodron for a weekend retreat on how to create the true causes for happiness understanding the Buddha’s teachings on the Four Noble Truths.
 - 3) Courage in the Face of Harm: Teachings on Far-Reaching Fortitude from “A Guide to A Bodhisattva’s Way of Life” by Shantideva**
 It’s easy to practice patience with those who are kind towards us – but what about with the people and situations that challenge us? Is it possible to keep a peaceful, steady mind in the face of all difficulties? Ven. Chodron continues to teach on Chapter 6 of Shantideva’s classic text, *A Guide to Bodhisattva’s Way of Life*, showing a radically different way to work with

mind when the going gets tough.

4) **The Path To Nirvana**

The Buddha taught a practical, step-by-step path to the attainment of peace and freedom from suffering. Venerable Thubten Chodron illuminates the different aspects of the Noble Eightfold Path and shows us how to put it into practice in our daily lives.

5) **Cultivating Faith In The Three Jewels**

How do we know that the Buddha exists? Do we believe this simply because our teacher or the scriptures say so? What exactly do Buddhists take refuge in? Venerable Thubten Chodron explains the qualities of the Buddha, Dharma and Sangha, and how we can develop faith and confidence based on reasoning and logic.

6) **A Buddhist Response To Religious Fundamentalism**

Religious fundamentalism – believing that everyone should follow one's religion and imposing that view on others – can drive a wedge between people with different faiths. In recent years, Buddhist fundamentalists in Burma and Sri Lanka have committed acts of violence against minority ethnic and religious groups, in the name of defending their faith and identity. How should Buddhists respond to fundamentalism within and outside of the faith? Join Venerable Chodron as she shares on how to create peace in a chaotic world.

7) **Living with an Open Heart - Book Launch**

Venerable Thubten Chodron and psychologist Dr. Russell Kolts will give a joint talk and launch their latest book, *Living with an Open Heart: Cultivating Compassion in Everyday Life*. The book contains brief readings which blend Buddhist and western psychology, and thoughtfully presents ideas and techniques drawn from Buddhism, western psychological approaches, as well as their personal experiences in working to develop compassion in their own lives and in their work with others.

8) **Healing the Mind: Perspectives from Buddhism and Psychology**

Working with our disturbing emotions can be like taming a wild horse – not an easy feat, and we need lots of skill and practice! Join Venerable Thubten Chodron and Dr. Russell Kolts for a stimulating dialogue between a Tibetan Buddhist nun and a clinical psychologist, exchanging ideas on the practical techniques employed in Buddhism and psychology to heal the mind and cultivate inner peace.

9) **Buddhism: One Teacher, Many Traditions**

Buddhism is practiced by hundreds of millions of people worldwide, from Tibetan caves to forest kutis to Chinese temples. Even for practicing Buddhists, it might be difficult to see what the different traditions all have in common. Venerable Thubten Chodron explores the two major strains of Buddhism – the Sanskrit tradition of Tibet and East Asia and the tradition of Sri Lanka and Southeast Asia – illuminating the rich benefits of respectful dialogue and the many ways that Buddhists of all stripes share common heritage and common goals.

About Venerable Thubten Chodron

- A Buddhist nun for 35 years
- Travels worldwide to teach the Dharma with emphasis on the practical application of Buddha's teachings in daily lives
- Well-received for her warm, humorous, and lucid teachings
- Currently the abbess of Sravasti Abbey, a Buddhist monastic community in Washington State, USA



Please visit: www.thubtenchodron.org; www.sravasti.org
<http://www.friendsofsravastiabbey.org/> Facebook: Fosa Singapore

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