

## Meditation classes at Orangeville Library

We all face many changes in our life, some expected or planned, and some unwanted. We often change things and situations in our life and yet still remain unfulfilled afterwards. At other times, we feel stuck in a fixed external situation and in unhelpful ways of thinking. Rather than creating the life we want, we settle for coping with the life we feel we have. Understanding the law of karma is a fundamental wisdom that can help us accept what occurs to us and guide our actions in a direction that will bring positive changes that will bear fruits of happiness. Buddha's teachings on karma and the ultimate nature of reality: emptiness, give us the tools to begin bringing about this transformation here and now

Topics for the eight classes are:

- Apr 24 ? The basis for a happy life: understanding the law of karma
- May 1 ? The meaning of death
- May 8 ? Knowing our mind: creating a better self
- May 15 ? Changing bad habits: joyful effort
- May 22 ? Responsibility without guilt
- May 29 ? Facing difficulties with strength and flexibility
- Jun 12 ? Living in harmony with reality
- Jun 19 ? Letting go of our fears, discovering our real nature

The weekly classes run from 7 ? 8:30 p.m. at the Orangeville Mill Street Public Library and are taught by Kadampa Buddhist teacher, Rose Hirano, from the non-profit Kadampa Meditation Centre Canada in Toronto. These classes offer simple, practical methods to improve the quality of our life and develop inner peace. Each class consists of two guided meditations and a teaching to help us solve our daily problems, let go of negative minds and find happiness from within our own mind. Even though classes are presented in the form of series, each class is self-contained and therefore can be attended individually or as a series. Fee of \$10 per session or \$40 for any five sessions. For more information, visit [kadampa.ca](#) or call 1-866-523-2677.