

PRISTINE AWARENESS

FOUNDATION FOR BUDDHIST PRACTICE

Schedule of Events SEPT- DEC 2023

ACTIVITY	TOPIC	DAY/DATE	TIME*	WHERE	DETAIL
Calm Abiding	<i>Silent Sitting Meditation</i>	Every Sunday	9am – 10am	Live Online	Donations appreciated
Dharma Talk by Pema Düddul	The Single AH Practice (part of the 'Between Everything and Nothing: Cultivating Compassion and Wisdom' panel)	Thursday Sept 28	7pm - 9pm	Live Online (Metta Centre)	Donations appreciated
Path of Joy and Ease Five Year Practice Program	<i>View, Meditation, Conduct</i>	Sunday November 5	5pm – 6pm	Live Online (recorded)	\$10 AUD per month
Seminar Series	<i>Natural Awakening: Differentiating that which is Real from that which is Fabricated</i>	Sunday October 15 Sunday November 19	8am – 9am	Live Online (recorded for 5YP members)	Donations appreciated
Dharma Talk by Pema Düddul	<i>Gaining Confidence in Buddha Nature</i>	Wednesday October 25	7pm – 8:30pm	Live Online (recorded and posted to YouTube)	Donations appreciated

* All times are Australian Eastern (Canberra, Melbourne and Sydney time zone). Use this time zone converter to work out the time in your location:
<https://www.timeanddate.com/worldclock/converter.html>

For more information visit our website www.pristine-awareness.org

You can also email pristine.awareness@outlook.com

Please note that we are closed for the whole of December each year.

