

# PRISTINE AWARENESS

## FOUNDATION FOR BUDDHIST PRACTICE

### 2024 Schedule of Events

ACTIVITY	TOPIC	DAY/DATE	TIME*	WHERE	DETAIL
Weekly Meditation	<i>Silent Sitting Meditation</i>	Every Sunday JAN to NOV	9am – 10am	Live Online	Donations appreciated
Path of Joy and Ease Practice Program (5YP)	<i>View, Meditation, Conduct</i>	First Sunday of Jan, Mar, May, Jul, Sept & Nov.	6pm – 8pm	Live Online (recorded)	\$10 AUD per month
Guest teacher: Namgay Dawa Rinpoche	<i>Speaking from the Heart</i>	Sunday Jan 21	10am – 11:30am	Live Online (recorded)	Donations appreciated
Path of Joy and Ease Practice Introduction – Level One	<i>Level One Practices</i>	Sunday Feb 4	8am to 9:30am	Live Online (recorded)	N/A
Path of Joy and Ease Practice Introduction – Level Two	<i>Level Two Practices</i>	Sunday Feb 18	8am to 9:30am	Live Online (recorded)	N/A
Dharma Talk by Pema Düddul	<i>Boundless Love</i>	Wednesday Feb 28	7:00pm – 8:30pm	<i>Metta Centre</i> Live Online (recorded)	Donations appreciated
Dharma Talk by Pema Düddul	<i>Dudjom Rinpoche's 'Play of Thought' Part One</i>	Wednesday Apr 24	7:00pm – 8:30pm	Live Online (recorded)	Donations appreciated
Annual Retreat	<i>Awakening Joy and Ease</i>	Saturday Jun 8 to Sunday Jun 9	Sessions throughout each day	In-person and Livestreamed	\$100 (non-members), \$60 (members)
Dharma Talk by Pema Düddul	<i>Dudjom Rinpoche's 'Play of Thought' Part Two</i>	Wednesday Aug 28	7:00pm – 8:30pm	Live Online (recorded)	Donations appreciated
Dharma Talk by Pema Düddul	<i>Ordinary Mind and Buddha Mind</i>	Wednesday Oct 30	7:00pm – 8:30pm	<i>Metta Centre</i> Live Online (recorded)	Donations appreciated

\*All times are Australian Eastern Standard (Brisbane 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](http://www.pristine-awareness.org) or email: [pristine.awareness@outlook.com](mailto:pristine.awareness@outlook.com)

Emails and texts will be answered Sundays and Mondays each week. Please note that we are closed for the whole of December each year.

