



THE HEART OF A BUDDHA

Welcome, Heart of a Buddha participants! We are excited to accompany you on this two-year Spiritual Formation journey. We hope that the experience will awaken, enliven, and inspire you to engage in compassionate service.

First session begins January 11 at 1pm EST

Zoom Room Atmosphere...

Please arrive in the zoom room 10 minutes to setting in before the session starts. We plan to start each session on time.

We request that you keep your zoom video on and face your monitor so we can see and feel each other's presence. Make sure your full name is identified on your zoom image. The meetings will be recorded except for the discussion portion of the program. Your mic will be muted upon entry and during the teaching segment. There will be small group sessions and group discussions, where you will have the opportunity to unmute your mic and share your thoughts. You are welcome to have a beverage to sip on, but please avoid eating during the meeting.

What to bring...

Bring a designated journal to write your reflections during our first year together. Have pens and colouring markers nearby too. Be comfortable in what you wear and where you sit.

Basic Session Outline...

- Welcome
- Guided Meditation
- Reflection and teaching
- Silence
- Group process
- Open Dialogue

Participant Resources...

Participants registered in the program will have access to the transcripts, meditation recordings, contemplative exercises, articles, and other useful resources shared in each session. This information is contained within a password-protected page of the website titled "[participant resources](#)". The password will be shared to participants on the first day of the program and is not to be shared with anyone outside of the group. Here is the link...

<https://www.theheartofabuddha.com/program-details>

Dates and Times

Meetings will be 2 Tuesdays a month at 1pm

January 11 and 25

February 8 and 22

March 8 and 22

May 3 and 7

June 7 and 21

July 12 and 26

September 13 and 27

October 4 and 18

November 1 and 15

Zoom Link...

To Join Zoom Meeting

<https://us02web.zoom.us/j/84475701091?pwd=VkhET0Y5cW1pWEE1d3ZUaU5vU01TQT09>

Meeting ID: 844 7570 1091

Passcode: Heart