

## Meditation Sessions & Talks Summer 2008 at the Sakya Thubten Ling

<b>Four Noble Truths, the Eightfold Path and the Six Perfections</b>		
<b>March</b>		
<b>Wednesday</b>	26 <sup>th</sup>	1 <sup>st</sup> Noble Truth
<b>Sunday</b>	30 <sup>th</sup>	1 <sup>st</sup> Noble Truth
<b>April</b>		
<b>Wednesday</b>	2 <sup>nd</sup>	2 <sup>nd</sup> Noble Truth
<b>Sunday</b>	6 <sup>th</sup>	2 <sup>nd</sup> Noble Truth
<b>Wednesday</b>	9 <sup>th</sup>	3 <sup>rd</sup> Noble Truth
<b>Sunday</b>	13 <sup>th</sup>	3 <sup>rd</sup> Noble Truth
<b>Wednesday</b>	16 <sup>th</sup>	4 <sup>th</sup> Noble truth
<b>Sunday</b>	20 <sup>th</sup>	4 <sup>th</sup> Noble truth
<b>Wednesday</b>	23 <sup>rd</sup>	Right View
<b>Sunday</b>	27 <sup>th</sup>	Right View
<b>Wednesday</b>	30 <sup>th</sup>	Right Thought
<b>May</b>		
<b>Sunday</b>	4 <sup>th</sup>	Right Thought
<b>Wednesday</b>	7 <sup>th</sup>	Right Speech
<b>Sunday</b>	11 <sup>th</sup>	Right Speech
<b>Wednesday</b>	14 <sup>th</sup>	Right Action
<b>Sunday</b>	18 <sup>th</sup>	Right Action
<b>Wednesday</b>	21 <sup>st</sup>	Right Livelihood
<b>Sunday</b>	25 <sup>th</sup>	Right Livelihood
<b>Wednesday</b>	28 <sup>th</sup>	Right Effort
<b>June</b>		
<b>Sunday</b>	1 <sup>st</sup>	Right Effort
<b>Wednesday</b>	4 <sup>th</sup>	Right Mindfulness
<b>Sunday</b>	8 <sup>th</sup>	Right Mindfulness
<b>Wednesday</b>	11 <sup>th</sup>	Right Concentration
<b>Sunday</b>	15 <sup>th</sup>	Right Concentration
<b>Wednesday</b>	18 <sup>th</sup>	Generosity
<b>Sunday</b>	22 <sup>nd</sup>	Generosity
<b>Wednesday</b>	25 <sup>th</sup>	Morality
<b>Sunday</b>	29 <sup>th</sup>	Morality
<b>July</b>		
<b>Wednesday</b>	2 <sup>nd</sup>	Patience
<b>Sunday</b>	6 <sup>th</sup>	Patience
<b>Wednesday</b>	9 <sup>th</sup>	Joyful Effort
<b>Sunday</b>	13 <sup>th</sup>	Joyful Effort
<b>Wednesday</b>	16 <sup>th</sup>	Meditation
<b>Sunday</b>	20 <sup>th</sup>	Meditation
<b>Wednesday</b>	23 <sup>rd</sup>	Wisdom
<b>Sunday</b>	27 <sup>th</sup>	Wisdom
<b>Wednesday</b>	30 <sup>th</sup>	Meditation Summary

*The centre will be closed from Thursday 31<sup>st</sup> July until Wednesday 3<sup>rd</sup> September*