

**RABTEN JIGME
LING**



Buddhist Temple
and Study Centre

Stationsweg 98
The Hague

Buddhist Philosophy Course MIND AND ITS FUNCTIONS

17 September – 26 November 2017
(6 sessions)

A Buddhist temple

Rabten Jigme Ling is a Buddhist Temple and Study Centre in the Hague. It follows the Tibetan tradition of Buddhism and is affiliated with the Centre of Higher Tibetan Studies *Rabten Choeling*, Switzerland. Our main teacher is the **Venerable Gonsar Rinpoche**, who resides in Rabten Choeling, Switzerland. The activities in the Hague are guided by ms. In Liem, student of Buddhism since 1974.

Buddhist philosophy course

In Buddhism the Mind and its many Functions are explained in detail. To study this subject-matter helps us to get a grip on our thoughts, emotions and the actions that follow from these. If we aspire a spiritual and mental development, it is indispensable to understand what is going on in our mind. But even if we only aspire a more sane and balanced life, this knowledge will be of great benefit. ‘Know yourself’ as the adage goes, really means to know the workings of one’s mind, a composed phenomenon that is in constant flux.

True freedom can only be achieved by this inner knowledge, never by only one particular method or something outside of ourselves. In particular, this implies to be able to recognize and distinguish the wholesome and unwholesome mental factors that are active in us.

Frequency: Intermittent Sunday evenings from 18.30 to 20.15 hrs. (see below for dates)

Meditation - on Monday evenings

Meditation sessions

In these sessions we practice mindfulness – awareness of the present reality of our mind. This meditation purifies our thoughts and actions.

Frequency: once a week on Monday evenings, 19.00 – 20.15 hrs.

Dates and times

Buddhist philosophy course:

Every second **Sunday**, from 18.30 – 20.15 hrs.

September: 17; October: 1 +8 + 29; November : 12 +26.

Meditation sessions:

Every **Monday** from 19.00 – 20.15 hrs.

Course fee

The Buddhist philosophy course fee is € 50,- for the 6 sessions. This includes the book *Mind and its Functions* for those who did not already receive it.

The first time you participate is free. If you decide to continue, payment is due.

Bank account no: NL30 ASNB 8804657 642, Stg. MAid, Den Haag

Free of charge

The meditation sessions are free of charge.

The temple depends wholly on donations. We are grateful for your voluntary contribution.

Contact

For more information:

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Websites

Rabten Jigme Ling, the Hague:

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