

星期一

星期二

星期三

星期四

星期五

星期六

星期天

MARK YOUR
JULY CALENDAR

Knowing Your Identity In Crisis
2 July 2009, Thu

Bright Hill Temple Guided Tour
5 July 2009, Sun

Y_Fellowship
5 & 19 July 2009, Sun

Dharma@Cinema: School Days with a Pig
16 July 2009, Thu

Burmese Temple Guided Tour
19 July 2009, Sun

Warmth: A Buddhist Hymn Sharing Session
25 July 2009, Sat

Corporate Zen: How Meditation Works in the Workplace
30 July 2009, Thu

Vipassana Meditation Course
Every Fri, 10 July to 18 September 2009 (10 sessions)



Tending to the Gardens of

Our Hearts

Gradually, as you remain open and mindful, and use a technique to focus your mind more and more, your negativity will slowly be defused; you begin to feel well in your own skin, or, as the French

- Sogyal Rinpoche, from Glimpse of the Day

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