

# MEDITATION & VAJRA-BUDDHISM



## 4 EVENTS

The contemporary practice of Buddha's teachings for individual experience and more spiritual knowledge.

Courses in form of chats with questions and discussion in between or at the end or online combined with a wide variety of topics. Meditation or concentration always included.

Make your choice.

### **Three Meditations and spiritual knowledge**

Learn and practice the 3 meditations (3 Jewels) and acquire deeper and comprehensive knowledge of yourself and about spiritual development step by step. This is a weekly revolving course and comes with one lecture on each session on 70 different themes (see list on website). By this you gain step by step a better and comprehensive understanding. The course substitutes many books. The course will be available online too.

### **Path to Nirvana - Practice for Advanced Buddhists**

How to practice methods for becoming higher awakened? About consciousness and mind, about "little Mahayana" to touch the cosmic consciousness and to conquer your Lower Self. Learn about the "path of the phoenix" to omnipotence and about transformative concentration.

### **Introduction to Buddhism and its right Practice**

Buddhism for everyone. What is Buddhism? What are His Teachings? Practical value for everyone in the daily life. How to practice the "right" way? Course available online too.

### **The Comprehensive Practice of Buddha's Teachings in 20 units**

For all traditions. Duration over several days - for somewhat advanced to improve their potentials and to boost their efforts or for those who like to expand and deepen their knowledge.

Online and in Turre

location, datetime and more infos see

<https://www.vajrabuddhismus.de/events>

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