

About us

Welcome to the Cambridge Buddhist Centre. We are part of an international Buddhist movement called the **Triratna Buddhist Community***. 'Triratna' means 'three jewels': the Buddha, the Dharma (his teachings), and the Sangha (spiritual community). These three jewels are central to all Buddhists and to the life of the Cambridge Buddhist Centre.



Cambridge has a vibrant and diverse community of Buddhists: some in families, others living together in community houses; some with a partner, and others on their own. Three Buddhist businesses are based in Cambridge: windhorse:evolution, a giftware wholesaler and retailer; Windhorse Publications, a Buddhist publisher and the Cambridge Buddhist Centre. All Buddhists strive to create 'Right Livelihood': trying to create the best conditions for practice, and in particular by choosing ethical work, and working in an ethical way.

We aim to make the timeless teachings of Buddhism available to all in a way that is relevant to modern life. We try to keep our prices low, and offer some classes 'by donation'. Order members who teach meditation and Buddhism at the Centre do so for free. Please contact us if your financial circumstances prevent you attending the Centre. All our introductory classes are available to anyone, regardless of religious faith or spiritual belief.

Our annual **Open Day** offers taster events in meditation, Buddhism and yoga as well as tours including the historic Festival theatre and a public talk on '**Buddhism and Science**' in conjunction with the **Cambridge Science Festival**. This year's Open Day will be on Saturday 26 March, 10.00am- 4.00pm. All are welcome and there is no charge. Check our website for details nearer the time.

Meditation

Meditation is a means of transforming the mind by developing concentration, clarity, and emotional positivity. It can be practised regardless of religious faith or spiritual belief. We teach two meditation practices: the mindfulness of breathing and the metta bhavana (development of loving kindness).

Meditation for newcomers

Introduction to Meditation Module 1:

Discovering Meditation

A six week introduction to meditation.

Mondays 7.30pm - 10.00pm

Starts 10 January, 28 February, 2 May*, 20 June.

***(no class on Spring Bank Holiday 30 May)**

£95 / £55 conc. (Practice Day and two CDs included)

Change Your Mind

A six week introduction to Buddhist meditation.

Tuesdays 2.30pm - 4.30pm

Starts 11 January, 3 May.

£80 / £45 conc. (Practice Day included)

Introduction to Meditation Day

An intensive introduction to meditation.

Sunday 20 March, Saturday 2 July

10.00am - 4.00pm. Please bring vegetarian lunch to share.

£35 / £25 conc.

Meditation Drop-ins

No need to book. Open to all. The two meditation practices are taught on alternate weeks. Also suitable for those who have learned to meditate.

Tuesdays 12.50pm - 2.00pm, Thursdays 7.30pm - 8.45pm

Suggested donation £4 / £3 conc.

Going deeper with meditation

Meditation Practice Day

A day devoted to meditation practice. Suitable for those who have learnt both meditation practices.

Saturday 12 February, 2 April, 28 May, 16 July.

10.00am - 4.00pm. Please bring vegetarian lunch to share.

£30 / £20 conc.

(Free with Meditation Module 1 or Change Your Mind)

Introduction to Meditation module 2:

Exploring Meditation

A six week course following on from Module 1, exploring ways to take meditation further.

Mondays 7.30pm - 10.00pm

Starts 10 January, 28 February, 2 May*, 20 June.

***(no class on Spring Bank Holiday 30 May)**

£65 / £40 conc.

Open Weekend Retreat

A residential weekend retreat open to anyone who has learnt the two meditation practices. Held at Vajrasana, a retreat centre near Bury St. Edmunds.

Friday 1 April - Sunday 3 April.

£120 / £70 conc.

The Six Essentials of Meditation

A practical two day workshop exploring the skills needed to take meditation deeper. Led by Vajradaka, who has almost 40 years of experience of meditation teaching.

Saturday 30 April - Sunday 1 May.

10.00am - 4.00pm. Please bring vegetarian lunch to share.

Suggested donation £50 / £30 conc.

Buddhism

Buddhism is a path of practice and spiritual development leading to Insight into the true nature of life. Buddhist practices such as meditation are means of changing oneself in order to develop the qualities of awareness, kindness, and wisdom — a path which culminates in Enlightenment or **Buddhahood**.

Buddhism for newcomers

Introduction to Buddhism

A six week course exploring the central values of Buddhism and how to apply them in your life.

Mondays 7.30pm - 10.00pm

Starts 10 January, 28 February, 2 May*, 20 June.

***(no class on Spring Bank Holiday 30 May)**

£65 / £40 conc.

Introduction to Buddhism Day

An intensive introduction to Buddhism.

Saturday 19 March, Sunday 3 July.

10.00am - 4.00pm. Please bring vegetarian lunch to share.

£35 / £25 conc.

Buddhism Drop-ins

No need to book, just turn up. Find out about the teachings of the Buddha.

Fridays 12.50pm - 2.00pm

Suggested donation £4 / £3 conc.

Meditation and Buddhism Drop-ins

No need to book. Open to all. The first half of the class teaches meditation, the second half introduces key Buddhist concepts. Also suitable for those who have learnt to meditate and those with some understanding of Buddhism.

Thursdays 7.30pm - 9.45pm

Suggested donation £4 / £3 conc.

Going deeper with Buddhism

Buddhism Level 2

A six week course following 'Introduction to Buddhism'. Six courses are available, each on an aspect of Buddhism, which together comprise a one year course. From February, courses are available on Monday and Thursdays evenings.

7.30pm - 10.00pm

'Dharma Truth Teachings'. Starts Monday 10 January.

'Buddhist Ethics'. Starts Monday 28 February, Thursday 3 March.

'Ritual and Devotion'. Starts Monday 2 May*, Thursday 5 May.

***(no class on Spring Bank Holiday 30 May)**

'The Vajra and the Lotus'. Starts Monday 20 June, Thursday 23 June.

Suggested donation £65 / £40 conc.

Full Moon Puja

A traditional Buddhist ritual on the full moon day.

Every full moon day.

7.15am - 8.30am (weekdays), 9.00am - 10.15am (weekends)

By donation.

Buddhist Festival Days

Traditional Buddhist festivals celebrate various aspects of the Buddha's life and teaching. Please check our website for details of the theme and programme.

Parinirvana Day - Sunday 13 February.

Buddha Day - Sunday 15 May.

Dharma Day - Sunday 17 July.

By donation.

Open Weekend Retreat

A residential weekend retreat open to anyone who has learnt the two meditation practices. Held at Vajrasana, a retreat centre near Bury St. Edmunds.

Friday 1 April - Sunday 3 April.

£120 / £70 conc.

Sangha

The Sangha is the spiritual community of all those who follow the teachings of the Buddha. We have a thriving Sangha of 'Mitras' (Friends) and Order members, who are ordained into the Triratna Buddhist Order.

Highlighted events for the Sangha

Satipatthana Day: the Mystery of Awareness

A day of meditation, input and discussion exploring the Buddhas teaching on mindfulness. Led by Vajradevi.

Saturday 26 February

10.00am - 4.30pm. Please bring vegetarian lunch to share.

Suggested donation £30 / £20 conc. Booking recommended.

The Six Essentials of Meditation

A two day workshop exploring the skills to take meditation deeper. Led by Vajradaka, a meditation teacher with almost 40 years of experience.

Saturday 30 April - Sunday 1 May.

10.00am - 4.00pm. Please bring vegetarian lunch to share.

Suggested donation £50 / £30 conc.

Sangha Weekend Retreat

A residential weekend retreat for Mitras and Order members. Held at Vajrasana, near Bury St. Edmunds. Theme to be confirmed.

Friday 20 May - Sunday 22 May.

£120 / £70 conc.

Taking Meditation Further

A five week course to bring fresh perspectives and new ideas to meditation practice. Led by Vajradevi.

Thursdays 7.30pm - 9.15pm

Starts 9 June.

Suggested donation £40 / £25 conc. Booking recommended.

Also open to those who have done Meditation Module 2.