

# PRISTINE AWARENESS

## FOUNDATION FOR BUDDHIST PRACTICE

### 2024 Schedule of Events

ACTIVITY	TOPIC	DAY/DATE	TIME*	WHERE	DETAIL
Weekly Meditation	<i>Silent Sitting Meditation</i>	Every Sunday Jan to Nov.	9:30am – 10:00am	Live Online	Donations appreciated
Path of Joy and Ease Practice Program (5YP)	<i>View, Meditation, Conduct</i>	First Sunday of Jan, Mar, May, Jul, Sept & Nov.	6:00pm – 8:00pm	Live Online (recorded)	\$15 AUD per month
Guest teacher: Namgay Dawa Rinpoche	<i>Speaking from the Heart</i>	Sunday Jan 21 <sup>st</sup>	10am – 11:30am	Live Online (recorded)	Donations appreciated
Path of Joy and Ease Practice Introduction – Level One	<i>Level One Practices</i>	Sunday Feb 4 <sup>th</sup>	8am to 9:30am	Live Online (recorded)	Donations appreciated
Path of Joy and Ease Practice Introduction – Level Two	<i>Level Two Practices</i>	Sunday Feb 18 <sup>th</sup>	8am to 9:30am	Live Online (recorded)	Donations appreciated
Dharma Talk by Pema Düddul	<i>Boundless Love</i>	Wednesday Feb 28 <sup>th</sup>	7:00pm – 8:30pm	<i>Metta Centre</i> Live Online (recorded)	Donations appreciated
Dharma Talk by Pema Düddul	<i>Dudjom Rinpoche's 'Play of Thought' Part One</i>	Wednesday Apr 24 <sup>th</sup>	7:00pm – 8:30pm	Live Online (recorded)	Donations appreciated
Annual Retreat	<i>Awakening Joy and Ease</i>	Saturday Jun 8 <sup>th</sup> to Sunday Jun 9 <sup>th</sup>	Sessions throughout each day	In-person and Livestreamed	\$100 AUD (\$60 members)
Dharma Talk by Pema Düddul	<i>Dudjom Rinpoche's 'Play of Thought' Part Two</i>	Sunday Aug 25 <sup>th</sup>	7:00pm – 8:30pm	Live Online (recorded)	Donations appreciated
Dharma Talk by Pema Düddul	<i>Ordinary Mind and Buddha Mind in Chan and Dzogchen</i>	Sunday Oct 27 <sup>th</sup>	7:00pm – 8:30pm	Live Online (recorded)	Donations appreciated

\*All times are Australian Eastern Standard (Brisbane time zone). Use this time zone converter to work out the time in your location: <https://www.timeanddate.com/worldclock/converter.html>

For more information visit our website: [www.pristine-awareness.org](http://www.pristine-awareness.org)

Please note that we are closed for the whole of December each year.



Updated 22/05/2024