

# Meditation & Wisdom for Life

- January to March 2024 -



**Jangchub Ling**  
Kadampa Buddhist Centre

# Two special events welcoming you to - 2024 -



## Free Public Talk:

### **'An Introduction to Modern Buddhist Meditation'**

*Friday 5th January, 7:30pm - 8:30pm*

Buddhist meditation is for everyone, not just Buddhists! Find out more about this tried and true inner science, and how it has been re-presented for the modern world. We hope to see you there!



## Open Day

*Saturday 6th January, 11am - 4pm*

Ever wanted to go to a Buddhist Centre but not been sure what to expect?

On Saturday 6th January we're opening our doors for anyone who'd like to pop by and have a look around, enjoy some complimentary refreshments, chat with people already attending our classes and join in a free guided meditation.

It'd be lovely to see you there!

*Hello, and welcome to JLC's first brochure of 2024!*

Inside you'll find info on all our offerings up to Easter, including a new Thursday evening class at JLC, the return of our Worcester afternoon class, two new monthly 'introductory' classes and a new monthly 'Friday Night Lecture' series.

And as you can see on the page opposite we're starting January with open doors! Two free public events welcoming everyone to find out what JLC can do for them. Come along and bring your friends!

Finally, we're pleased to announce that JLC will now be open for more of the year, taking breaks only for international Kadampa events and Christmas. We hope to welcome you soon.

Warm wishes,  
Gen Khechog



Gen Kelsang Khechog,  
Resident Teacher



Mandy Nicol,  
Education Programme  
Coordinator



Cheryl Bindley,  
Administrative Director



## About Us

Jangchub Ling Kadampa Buddhist Centre is a place of peace in this uncertain world, where everyone is welcome to come and learn modern Buddhist meditation, regardless of experience, background or beliefs.

We are a registered charity dedicated to helping people find practical, scientific tools that improve and transform daily life through meditation.

We are run entirely by volunteers. No one at JLC profits personally from our activities, with all fees committed to continuing our work of helping others. Our teachers are dedicated practitioners, applying what they learn to modern life and sharing that experience in their teachings. Each of them studies under the regular guidance of senior teachers.

Full details on everything in this brochure can be found on our website where you can also sign up for our weekly newsletter and find links to our social media accounts.

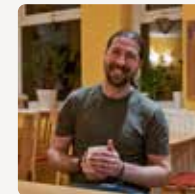
Everybody welcome!

[www.meditateinthewestmidlands.org](http://www.meditateinthewestmidlands.org)

## Testimonials



"These classes have made such a difference to my physical and mental wellbeing."  
Jo Prince, Counsellor



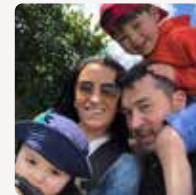
"You're encouraged to go at your own pace and build experience gradually." Simon Howe, College Lecturer



"I've gained a family of people who are on the same path and wavelength as me."  
Shell Smith, Postie



"These teachings give me the strength to cope with difficult situations." Joan Potts, Retired



"Jangchub Ling has helped not just me, but those around me too."  
Jason Holden, Self Employed



"Meditation helps me to find balance in the different parts of my life." Linsey Taylor, Primary School Teacher



"JLC is welcoming and inclusive, a warm and safe place to be."  
Sue Dunn, Personal Assistant



"I feel relaxed the moment I walk through the door." Harnack Sahota, Financial advisor

## Our Tradition

Jangchub Ling Kadampa Buddhist Centre is a member of the New Kadampa Tradition / International Kadampa Buddhist Union, a Buddhist tradition with no political affiliations that follows the pure Mahayana Buddhist teachings of Atisha (AD 982 - 1054) and Je Tsongkhapa (AD 1357 - 1419), as presented for contemporary society by modern-day Buddhist master, Venerable Geshe Kelsang Gyatso Rinpoche.

Handed down in an unbroken lineage, Modern Kadampa Buddhism is a special, practical presentation of Buddha's teachings that is particularly suited to the modern day. Modern Kadampa Buddhism preserves the meaning and intention of Buddha's original teachings while presenting them in a clear and systematic way that people of any culture, age or gender can understand and put into practice in daily life.

Find out more at:

[www.kadampa.org](http://www.kadampa.org)



## Our Founder

Venerable Geshe Kelsang Gyatso Rinpoche is a fully accomplished meditation master and internationally renowned teacher of Buddhism. Geshe-la, as he is affectionately known by his students, is primarily responsible for the worldwide revival of Kadampa Buddhism in our time.

## Resident Teacher



Known for his thoughtful nature, Gen Kelsang Khechog presents Buddha's teachings with relatable clarity, showing how to connect these beautiful meditations with the realities of modern daily life.



Ancient Wisdom



Modern Life



Practical Solutions



Everyone Welcome

## What We Teach

The essence of Modern Kadampa Buddhism is as simple as it is profound: all problems in this world originate in the mind. This means that the solutions to these problems and the causes of lasting peace are also found in the mind.

Kadampa Buddhism provides scientific methods for improving our human nature and qualities through developing the capacity of our mind, both in meditation and in daily life. Through developing our mind using these methods we can solve our own problems, help others to do the same, and in this way create both inner and outer peace.

Explore modern Buddhism with these free ebooks:

'How to Transform Your Life': [www.howtotyl.com](http://www.howtotyl.com)

'Modern Buddhism': [www.emodernbuddhism.com](http://www.emodernbuddhism.com)

*“In general, all Buddha’s teachings, the Dharma, are very precious, but Kadam Dharma or Lamrim is a very special Buddhadharma that is suitable for everyone without exception... This is because Kadam Dharma accords with people’s daily experience; it cannot be separated from daily life.”*

— Geshe Kelsang Gyatso, 'Modern Buddhism'



## FAQ

### - Are your classes also online?

Several of our classes are online for centre members. See the membership page at the back of the brochure for more details.

### - Can classes be attended by beginners?

Yes, classes can be attended by complete beginners. Occasional exceptions will be clearly highlighted.

### - Do I have to be Buddhist to attend?

No. People from all backgrounds attend JLC to find peace according to their own individual needs and wishes. Everybody is welcome.

### - Do I need special clothing & where do we sit?

No special clothing is needed. Our classes do not include any physical exercise and most people choose to sit on chairs, though classes held at JLC do have cushions available for sitting on the floor if you prefer.

### - Do I need to book?

Our regular classes can be booked online or you can just turn up and pay on the day. Courses are best booked in advance, although we normally have space on the day. If you are joining us for lunch please let us know two days before the course.

# Jangchub Ling Centre is run by friendly volunteers

All work done at Jangchub Ling Centre is done voluntarily and there are many ways you can support these activities and help us help others. Volunteering is a fun way to meet like-minded people and get more involved. Volunteering can be undertaken by anyone and can take as little or as much time as you wish. Every little help will be greatly appreciated!

SERVING PUBLICITY  
MEET & GREET  
GARDENING  
CLEANING COOKING  
MAINTENANCE OFFERINGS

*"Volunteering at the centre means I can enjoy giving back to the community whilst having fun and making new friends."*  
Brenda Smith



To find out more about volunteering please contact Cheryl at: [admin@meditateinthewestmidlands.org](mailto:admin@meditateinthewestmidlands.org)



## Prayers for World Peace & Centre Cherishing

### What happens on 'Prayers for World Peace' & Centre Cherishing Mornings?

We start at 10am with 'Prayers for World Peace'. This includes a teaching followed by a short but powerful prayer for increasing good karma and compassion. The prayer includes time for meditation. Then from 11am we spend time putting our compassionate intention into practice by making Jangchub Ling clean, tidy, safe and beautiful for everyone. We finish with a light lunch at about 1pm. Centre cherishing is a powerful way to gain experience of transforming daily activity into the spiritual path through holding a special motivation. It would be wonderful if you could join us for any part of this blessed event!

People of all abilities welcome. If you have DIY skills please let us know beforehand so we can be prepared.

**Upcoming dates:** January 20th, February 17th & March 16th.

***There is no charge for attending 'Prayers for World Peace'.***

For more info about volunteering please contact Cheryl at: [admin@meditateinthewestmidlands.org](mailto:admin@meditateinthewestmidlands.org)



## Classes

Guided by experienced meditation teachers, our classes include teaching, guided meditations and the opportunity to ask questions. People from all walks of life enjoy our supportive community and practical advice that makes a real difference to everyday life. Beginners welcome!

Refreshments in our cafe are included.

### Classes at other venues:

JLC also runs regular classes at Bewdley and Worcester as well as occasional classes elsewhere. Please check our website for the latest info.

### Tantra classes

For those who have received Highest Yoga Tantra empowerments we also host a monthly class on the profound topic of Tantra. Dates and further info on our website.

### - *New classes for 2024* -

We have three new types of class beginning in January 2024, see over the page for more info!



### 'Overcoming Anxiety' class

Created with the problem of anxiety in mind, this class offers relaxation and Buddhist wisdom advice to aid a peaceful mind.

**Jangchub Ling Centre:** *Sundays, 10am - 11am, £6*



### 'Meditation & Daily Life' class

Exploring a variety of meditations from Buddha's teachings and their application to modern daily life.

**Jangchub Ling Centre:** *Sundays, 7:30pm - 8:45pm / Thursdays, 7:30pm - 8:45pm / Fridays, 11am - 12:15pm, £6*  
**Worcester:** *Mondays, 1pm - 2:15pm & 7:30pm - 8:45pm, £6*  
**Bewdley:** *Thursdays, 7:30pm - 8:45pm, £6*



### 'Exploring Buddhism' class

Exploring the Buddhist path to enlightenment in more depth.

**Jangchub Ling Centre:** *Wednesdays 7:30pm - 9pm, £6*

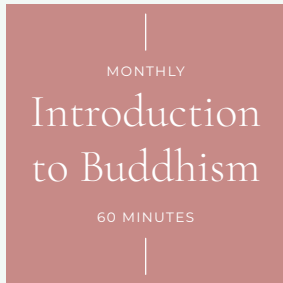
# Three new classes for 2024



## ‘Introduction to Meditation’

A regular class designed to introduce people to the absolute basics of meditation practice. There is time for informal questions over refreshments afterwards.

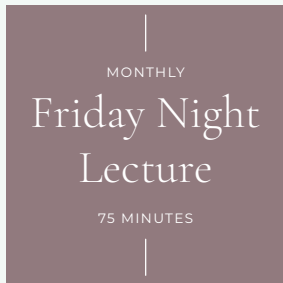
**Date & times:** 13th January, 10th February & 9th March, all from 2pm - 3pm



## ‘Introduction to Buddhism’

A regular class designed to introduce people to the fundamentals of Buddhist practice. There is time for informal questions over refreshments afterwards.

**Date & times:** 20th January, 17th February & 16th March, all from 2pm - 3pm



## ‘Friday Night Lecture’

A monthly class where we look at how Buddhism relates to important issues commonly experienced in modern life.

**Dates & upcoming topics (all from 7:30pm - 8:45pm):**  
**2nd Feb:** ‘Where Suffering Comes From & What to Do About It.’  
**8th March:** ‘How Acceptance Solves Conflict.’

# Foundation Programme



Our Foundation Programme is a tried and tested way to gain a deeper understanding of the meaning of Buddha’s teachings, maintain a daily meditation practice that is both focused and powerful, and make genuine spiritual progress. If you have been coming to classes regularly and feel inspired to go a bit deeper with your study and practice then FP may be a perfect next step. You can join at any time.

## Taster Sessions available

We have two separate FPs, one on Sundays between 2:30pm & 4:30pm, and one on Tuesdays between 7pm & 9pm.

If you’d like to come along and see if the FP is for you then please contact Mandy at: [epc@meditateinthewestmidlands.org](mailto:epc@meditateinthewestmidlands.org)



## Online FP

For those who would love to join FP but who are not able to attend in-person we now have online FP.

In every other way online FP is the same. You join via Zoom at the same time as those attending in-person and engage in paired discussion with other online attendees at the end of class. If you’re curious please contact us using the above email address.





## Courses & Retreats

Our courses follow a similar format to our classes but with an opportunity to delve a bit deeper into particular topics. All courses are suitable for beginners unless otherwise indicated and absolutely everyone is welcome.

Check our website for courses at other venues.

*Refreshments are included in the price. Lunch is also included, but must be pre-booked.*

### Types of course held at JLC:

**Half day courses:** Focused and succinct, a great way to immerse yourself in meditation and still have plenty of time for other activities. Cost: £12

**Day courses:** Day courses have extra sessions, allowing time for Q&A with the teacher and a deeper exploration of the topic. Cost: £24

**Urban retreats:** Four one hour sessions with teaching and meditation under the guidance of an experienced teacher. Cost: £24

**Formal retreats:** JLC occasionally hosts formal retreats on a variety of Buddhist practices. These retreats are not normally guided and are usually by donation only. See our website for full info.

## Courses at JLC - Jan - March



### Meditation for Strong Relationships

January 13th, 10am - 1pm

Learn powerful methods for letting go of guilt, hurt and resentment. Learn what guilt is and how we can replace this crippling habit with the constructive habit of forgiveness.



### 'Developing Confidence Through Kindness'

January 27th, 10am - 4pm

True confidence isn't brash or overbearing. On this course we will explore meditations to develop a quiet, peaceful confidence that lifts both oneself and those around us.



### The Long Life Practice of Buddha Amitayus

February 3rd, 9am - 5pm

On this retreat we will receive powerful blessings from Buddha Amitayus, in order to increase our lifespan, wisdom and good fortune. Everybody welcome.



## 'Finding Strength Through Life's Challenges'

February 10th, 10am - 1pm

This course is a staple at Jangchub Ling Centre, with people regularly attending to reinforce their experience of the empowering meditations we share. Learn how to turn challenges into opportunities in this essential course.



## 'The Power of Acceptance'

February 24th, 10am - 4pm

Acceptance is the foundation of true power. With acceptance we immediately see our problems differently, our mind becomes happy and peaceful, and solutions come into focus quickly. Come to know the power of acceptance for yourself on this retreat.



## 'How to Solve our Anger Problem'

March 9th, 10am - 1pm

Normally our need to escape from unpleasant feelings is so urgent that we do not give ourselves the time to discover where these feelings actually come from. On this course create the inner space you need to take the sting out of the fears and pain that lie behind anger.



## Special Event:

## 'Becoming Your Own Protector'

Urban Retreat with Refuge Vow Ceremony.

March 23rd, 10am - 4pm



*Image: Buddha Shakyamuni, the founder of Buddhism and the source of refuge for all Buddhists.*

*"Even when the sun is shining, if our house is shuttered only a little light can enter and our house will remain cold and dark; but if we open the shutters the warm rays of the sun will come pouring in. Similarly, even though the sun of Buddha's blessings is always shining, if our mind is shuttered by our lack of faith, few blessings can enter and our mind will remain cold and dark; but by developing strong faith our mind will open and the full sun of Buddha's blessings will come pouring in."*

- The New Eight Steps to Happiness, Geshe Kelsang Gyatso

Of all the help we can receive, the best is that which helps us to help ourselves. On this retreat we will learn how to turn to Buddha in our daily life so he can help us develop the inner protection of our own wisdom. With wisdom we can solve our problems in this life, in our future lives, and finally become a Buddha ourselves, so we can help others solve their problems too.

For those who wish to take them, this retreat will include a refuge vow ceremony, through which we can set a firm intention to always turn to Buddha, his teachings, and his sincere followers for help.



## Prayers

*“In general, prayers made by an assembly of many practitioners are very powerful and cannot be compared to the prayers of one or two people. The scriptures give the analogy of a broom. If we try to clean a floor with a few bristles we shall make little progress, but if we gather many bristles to make a broom we shall be successful.”*

- Venerable Geshe Kelsang Gyatso

Chanted prayers are a powerful method to receive Buddha’s blessings, accumulate positive karma and purify negative karma. Through gathering these conditions our meditation practice will definitely be successful.

For up-to-date information on prayers at JLC please see our website. Also keep your eyes open for our upcoming pamphlet introducing the prayers we have on offer.



## International Festivals

Every year the New Kadampa Tradition organises three International Festivals taught by senior Teachers.

The Festivals provide a precious opportunity to meet and practice with like-minded people from all over the world. Experiencing this international community, working together in harmony, gives us deep confidence that our practice of Buddha’s teachings leads to world peace.

**Dates for 2024 (part bookings available):**

**Spring (UK):** *May 24 - 29.* With Wisdom Buddha Dorje Shugden empowerment.

**Summer (UK):** *Jul 26 - Aug 10.* With Buddha Prajnaparamita empowerment.

**Autumn (Brazil):** *Oct 25 - Nov 1.* With Highest Yoga Tantra empowerment.

Full details can be found at:  
**[www.kadampafestivals.org](http://www.kadampafestivals.org)**

*Photograph: People arriving for the 2023 International Autumn Festival at the World Peace Temple near Malaga, Spain.*

# Join the Community

Jangchub Ling Kadampa Buddhist Centre is a growing community in the West Midlands, where people from all walks of life can come together to learn about meditation and Buddha's advice for daily life. Deepen your experience by practising within a supportive community of like-minded people, and find your second home in our peaceful urban sanctuary. Check out our membership options to make the most of our classes, retreats and events.



## Regular membership

£20 per month (£12 unwaged). Includes:

- 'Overcoming Anxiety' class
- All 'Meditation for Daily Life' classes including those at external venues
- 'Exploring Buddhism' class
- Friday morning class
- Introduction to Meditation class
- Introduction to Buddhism class
- Friday Night Lectures

## Regular Plus membership

£25 per month (£15 unwaged). Includes everything in our 'Regular' membership, plus all our half day courses and urban retreats. Excludes empowerments and fundraisers.

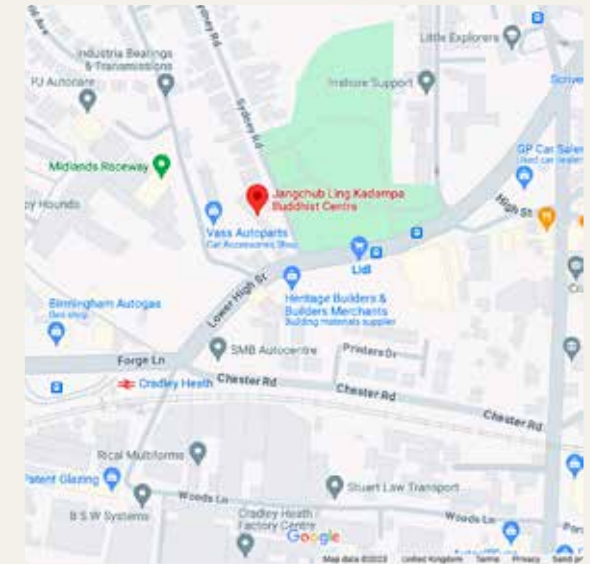


# Contact

Jangchub Ling Kadampa Buddhist Centre  
Charity number: 1102344  
Address: 1a Sydney Road, Cradley Heath, B64 5BA  
Tel: 01384 569956  
Email: [info@meditateinthewestmidlands.org](mailto:info@meditateinthewestmidlands.org)

## Rooms to rent:

To see if residential rooms are available, or to be put on our waiting list, please contact Cheryl at: [admin@meditateinthewestmidlands.org](mailto:admin@meditateinthewestmidlands.org)



# January - March 2024 at a Glance

- Jan 5th: Public Talk
- Jan 6th: Open Day
- Jan 7th: Classes begin
- Jan 13th: Half Day Course, *'Meditation for Strong Relationships'*
- Jan 13th: Introduction to Meditation
- Jan 20th: Prayers for World Peace & Centre Cherishing
- Jan 20th: Introduction to Buddhism
- Jan 27th: Urban Retreat, *'Developing Confidence Through Kindness'*
- Feb 2nd: Friday Night Lecture, *'Where Suffering Comes From & What to Do About it'*
- Feb 3rd: Formal Retreat: Long Life Practice of Buddha Amitayus
- Feb 10th: Half Day Course, *'Finding Strength Through Life's Challenges'*
- Feb 10th: Introduction to Meditation
- Feb 17th: Prayers for World Peace & Centre Cherishing
- Feb 17th: Introduction to Buddhism
- Feb 24th: Urban Retreat, *'The Power of Acceptance'*
- Mar 8th: Friday Night Lecture, *'How Acceptance Solves Conflict'*
- Mar 9th: Half Day Course, *'How to Solve Our Anger Problem'*
- Mar 9th: Introduction to Meditation
- Mar 16th: Prayers for World Peace & Centre Cherishing
- Mar 16th: Introduction to Buddhism
- Mar 23rd: Urban Retreat & Refuge Vows, *'How to Become Your Own Protector'*