

# Meditation, Mindfulness & Buddhism Study Program

A progressive exploration of the practice

**Module II: 6-week course**

**Not about Being good: introduction to Buddhist Ethics**



**With Luis Salamanca**

Mitra (friend) of the Triratna Buddhist Order

From Jan 23rd to Feb 20th & Mar 6th - On Thursdays 19h to 21h

**We are happy to introduce the Meditation, Mindfulness and Buddhism Study Program at Agora Lisboa for 2024-2025. The Module I is the first of a 4 Module-program taking place over a period of 8 months, started in October. Our intention is to help develop an integrated, progressive mental training at every level of experience, using tools from Mindfulness and Buddhism that can be incorporated into everyday life.**

Module I:

*Meditation for Beginner's Mind: 4-week course (Oct/Nov 2024)*

**Module II:**

***Not about being good: introduction to Buddhist Ethics:***

*6-week course (Jan - Mar 2025)*

Module III:

*Life with Full Attention: 8-week course (Mar - May 2025)*

Module IV:

*Mindful Emotion: introduction to loving-kindness (metta): 6-week course (Jun - Jul 2025)*

*Each course can be taken separately. We recommend combining the course with one or more regular practices per week in order to integrate the courses' learnings efficiently. The program draws its inspiration from Mindfulness and Buddhism in a pragmatic & non-dogmatic way, so it is open to all, regardless of their philosophical convictions or spiritual beliefs.*

## **MODULE II: NOT ABOUT BEING GOOD: INTRODUCTION TO BUDDHIST ETHICS**

*A practical course on how to live and what to do!*

No-one wants to feel like they're being told what to do - we like to think we know what's best for ourselves and others. The trouble is our life doesn't always bear that out.

A key Buddhist insight is that consciousness isn't fixed; we're creating it all the time by our actions of body, speech and mind. This means we can shape our future.

### **FOR WHO?**

The course is intended for practitioners with any level of experience. New practitioners will find the progressive approach easy to understand and practical, experienced meditators will benefit from focused attention on ethics, as a practice of human freedom. It is indeed important not only what we do on our meditation mat, but above all what we do in our everyday lives!

After each course, you may easily join any of the regular guided meditation classes and/or might be interested in continuing deepening your practice by joining the Buddhism study group at Agora.

### **PRACTICAL AND THEORETICAL**

- Understanding mental reactivity and how mind creates the world
- Why having ethical precepts?
- Working with ethics beyond guilt
- Precepts of the body
- Precepts of the speech
- Precepts of the mind
- Beyond Ethics

## **SIGN UP FOR THE LEVEL II COURSE**

(Spots limited to 12)

**Price:**

120€ Agora members

130€ Non-members

Ask us for subsidised price if needed.

*\*If you miss one Thursday of the course you can replace the session with a regular guided meditation session before the end of the course period.*

**For questions and registrations:**

[info@agora-lisboa.com](mailto:info@agora-lisboa.com)

