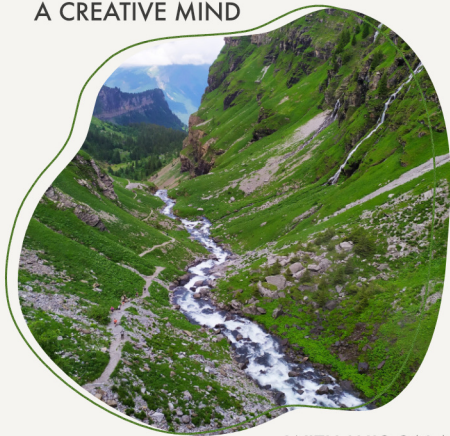


**THE JOURNEY & THE GUIDE:  
A PRACTICAL COURSE TO CULTIVATE  
A CREATIVE MIND**



**WITH LUIS SALAMANCA**  
Mitra (friend) of the Triratna Buddhist Order

Dear friends, we are happy to announce our next weekly course on Buddhism, "**The Journey and the Guide**", starting on May 15th (Thursdays). In this eight-week course we will learn the fundamentals of Buddhist practice showing a way that, with enough determination and effort, will lead all the way to complete liberation of the mind.

**The course is intended for practitioners with any level of experience and may be taken online via zoom.**

We hope that many of you may join!

**Module III:**

The Journey & The Guide: a practical course to cultivate a creative mind: 8-week course  
(May- Jul 2025)

**Module IV:**

Life with Full Attention: 8- week course  
(Dates to be confirmed)

*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.*

## THE JOURNEY & THE GUIDE: A PRACTICAL COURSE TO CULTIVATE A CREATIVE MIND

In this eight-week course we will learn the fundamentals of Buddhist practice showing a way that, with enough determination and effort, will lead all the way to complete liberation. The course explores five threads of the spiritual journey and training: **Integration, Positive Emotion, Spiritual Death, Spiritual Receptivity and Spiritual Rebirth**. Its aim is the total transformation of the mind, so that we become a force for ourselves and those around us.

### 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!

### PRACTICAL AND THEORETICAL CONTENT

- Exploring how to gather ourselves enough to positively change
- Understanding how to cultivate positive emotions such as courage and connectedness
- Working on letting go of fixed ideas of ourselves and opening to what's truly meaningful
- Experiencing ourselves and the world in a creative, revolutionary way

## **SIGN UP FOR MODULE III COURSE** (Spots limited to 12)

### **DATES**

From May 15th to July 3rd – On Thursdays 19h to 21h

### **PRICE FOR THE FULL COURSE**

Members: 150€

Non-members: 160€

*\*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 and Bsport