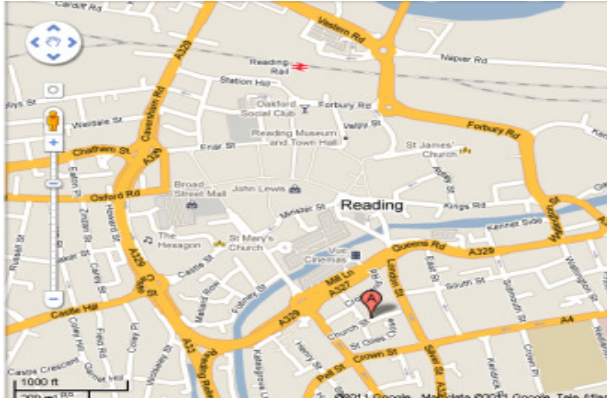


## Living a generous life

Our events are supported through donation. We may make a suggestion for an amount that will help to cover our costs but it is up to you to make a gift that you can afford and think is right. We also welcome your participation and support in practical ways.

We hold classes at the Quakers Friends meeting house  
2 Church Street,  
Reading  
RG1 2SB

Tuesday evening  
7.30pm to 9.30pm



We also hold a meditation group in Woodley on  
Wednesday evenings.

If you would like to know more please call Stuart on  
07771171466

Or email [readingtriratna@gmail.com](mailto:readingtriratna@gmail.com)

# Thames Valley Triratna



## Buddhist practice in Reading

# Welcome to the Triratna Buddhist Group

We are part of the international Triratna group. We come together as a group to practice meditation and to study the teachings of the Buddha.



**Triratna** means ‘the three jewels’ – these are the three most precious things to Buddhists.

**The Buddha** – meaning both the historical Buddha as well as the ideal of enlightenment achieved by individuals by their own efforts.

**The Dharma** – the historical and current teachings that help us as individuals to lead a good life.

**The Sangha** – the community of those that help each other in the practice of meditation and in living an ethical life following the teachings.

**What is meditation?** There are many meditation practices. We practice two main types.

**The mindfulness of breathing** – this is a practice that helps us to calm the mind bringing feelings of relaxation and peace.

**The practice of loving kindness** – this practice helps us to develop a positive, kindly and generous attitude towards ourselves and to others, helping us to manage difficulties in our lives more effectively.

**Ethics** – It is important to consider how you live your life as your actions and intentions will have an effect upon your state of mind. How you act towards others can be a source of happiness and satisfaction in your life.

**Come with an open mind and a generous heart.**