



**J&G Week One Overview**

**This evening**

Short talk on the first aspect: Integration

Introduction to some practical tools to help with Integration

Finish with Shakyamuni mantra and collection of your copy of the book

**Homework each week**

Read the appropriate chapter of the book

Try to do one of the practical exercises every day if you can

Don't over reach!

We will discuss what we have experienced

**Purpose of the course**

More to life than this

Inevitable nature of life & death

Not about making you a Buddhist

Living life more fully

**The "Journey" and The "Guide"**

My life - unsatisfactoriness; career, politics, family

Five stages / five aspects (the mandala)

The Guide - The Buddha as guide par excellence

TOM

**Structure of the evening**

Two weeks for each aspect, first this evening

Meditation as normal but from next week slightly shorter

Tune in on our practice - specifically homework and questions from book

Brief talk on the stage; what is the stage, how do we do it?

Practical exercises

Discussion

End with a ritual / receptivity