

PROUDLY PRESENTED BY
KARUNA HOSPICE SERVICE



16 Guidelines Meditations Series

One of Karuna's Spiritual Care Practitioners, Venerable Gonpo, will be hosting a series of meditations that cultivate positive inner qualities. The series is inspired by the Foundation for Developing Compassion and Wisdom's (FDCW) 16 Guidelines program.

The meditations are structured into 16 sessions of one hour each. Each meditation can be attended as a standalone session, however for the full benefit of the program we encourage participation in all 16 sessions. The sessions will be hosted in person, as well as online. The meditation section of the sessions will be recorded and available via our website.

REGISTRATIONS ARE NOT REQUIRED.

This is a FREE series, however if you would like to make a donation to support Karuna, please visit: www.karuna.org.au/donate-karuna

6.00 - 7.00pm (AEST)

Thursdays: 8 August - 28 November 2024

(no session on 3 October)

27 Cartwright Street, Windsor QLD

Online session: <https://bit.ly/Karuna16>

Or visit: <https://zoom.us/> and enter the below details:

Meeting ID: 830 7303 5449 Passcode: 375232

*For more information scan the QR code or visit:
www.karuna.org.au/resources/16Guidelines*



2024 DATES

DATE	TOPIC
Thursday 8 August	Humility: to be willing and able to learn from others
Thursday 15 August	Patience: to cultivate a calm and spacious mind
Thursday 22 August	Contentment: to enjoy who we are and what we have
Thursday 29 August	Delight: to rejoice in the good fortune of others
Thursday 5 September	Kindness: to be friendly, caring and considerate
Thursday 12 September	Honesty: to act with transparency and fairness
Thursday 19 September	Generosity: to give without expecting anything in return
Thursday 26 September	Right Speech: to speak with insight and sensitivity
Thursday 3 October	NO SESSION
Thursday 10 October	Respect: to honour people with a deeper understanding and experience of life
Thursday 17 October	Forgiveness: to let go of resentment and anger towards ourselves and others
Thursday 24 October	Gratitude: to acknowledge and repay the kindness of others
Thursday 31 October	Loyalty: to be good-hearted and dependable in all our relationships
Thursday 7 November	Aspiration: to seek a fulfilling way of life that avoids causing harm
Thursday 14 November	Principles: to develop sincere and stable inner values, and avoid harmful influences
Thursday 21 November	Service: to help and benefit others in whatever way we can
Thursday 28 November	Courage: to accept responsibilities and challenges with calm determination