

PROUDLY PRESENTED BY
KARUNA HOSPICE SERVICE



16 Guidelines Meditations Series

Karuna's Spiritual Care Practitioners, Venerable Gonpo and Venerable Tsultrim, 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 are ONLINE ONLY. The meditation section of the sessions will be recorded and available via our website in the coming months. **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 - 5 December 2024

(no sessions on 22 August & 3 October)

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