



THE HEART OF BUDDHISM ONLINE SEMINAR SERIES

2pm* on the Fourth Sunday of Every Second Month

These online sessions cover core Buddhist ideas and include the following seminars in 2021:

- ✿ *Four Thoughts that turn the Mind to Dharma (March 28)*
- ✿ *Light of the Mind: Buddha Nature (May 23)*
- ✿ *Śūnyatā or Emptiness (July 25)*
- ✿ *Compassion and Bodhichitta (Sept 26)*
- ✿ *Guru Yoga (Nov 28)*

The classes will be taught by Pema Düddul, the Buddhist Chaplain in the University of Southern Queensland's Multi-Faith Service. Pema has decades of experience as a Buddhist practitioner and has taught mindfulness and meditation in Buddhist and educational settings since 2007. For more information about Pema Düddul go to: <https://jalumeditation.org/Our-Instructors.php>



* Time is Australian Eastern Standard (Brisbane).

Online Seminars

Live On Zoom

Sundays 2pm

All Welcome

By Donation

USQ MULTI-FAITH

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Bookings Essential

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**Email To Receive The
Web Link For The Class**

