

MU 1801 Maitreya Buddha on Happiness and the Magic of Joyful Meditation Syllabus

Original Date: January 14, 2018

Time: 10:00 am –1:00 pm MST

Location: Live Broadcast

Sponsor: Maitreya Buddha

Instructor: David Christopher Lewis

Maitreya shares his insightful humor and joyful presence to help us reach deeper states of God-awareness within our meditation practice. He augments Mother Mary's teachings on the cosmic clock to bring us an understanding of the higher virtues which all Buddhas have accessed and mastered.

Class Schedule

10:00 - 10:30 Mantras, Songs and Clearance

10:30 - 11:20 Discourse overshadowed by the Buddha

11:20 - 11:40 Intermission with Buddhist Music

11:40 - 12:00 Meditation (either silent or guided)

12:00 - 1:00 Darshan with questions, answers and sharing