

Ways to support

1. Any volunteer and financial support to run the centre and its activities.
2. Offering necessities for the centre.
Please call the centre for its requirements
3. Donation by cheque or Banking or direct debit/standing order for regular financial support.

Name: Varapunya meditation Centre
HSBC; S/C: 40-01-25, A/C: 8139-2948

For further information:

<http://varapunyabuddhistsociety.org>

Or Email contact:

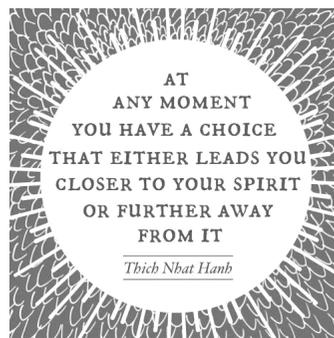
Ven. S. M. Sujano
Varapunya@gmail.com

Writing: Varapunya Meditation Centre
92 Constitution street
Aberdeen, AB24 5EX
Scotland

Things to do

1. Evening Chanting & Meditation at 19.00 –21.00*
2. **Tuesday Meditation:** 7 – 9 pm. It is on going session.
3. Wednesday evening: 7-9pm. This is a good session for beginners. An introduction, guided meditation to sitting and walking and end with discussions. Free entry but your donation welcome.
4. **Sunday Meditation session**
10:00 am -11:15 am (every one is welcome)

Try to maintain silence during any session of ser- vice or prac- tice.”



Varapunya Meditation Centre



Varapunya Meditation Centre
92 Constitution St.
Aberdeen, AB24 5EX
Varapunyabuddhistsociety.org

Charity Registration no: SC043989

Introduction

Varapunya Meditation Centre

is a centre for study and practice of Mindfulness Meditation in Aberdeen. It is a centre



where one can learn to be aware of own self and **to become own Therapist**. Mindfulness Meditation is a **Easy, Costless and Self-Treatment skill** that always be with you. It is effective, suitable for dealing with all kinds of physical and mental health issues. Mindfulness Meditation is a special skill that helps how to use your limited time effectively for greater benefit and finding right balance in your daily life. Instructions are given by an authentic Buddhist Theravada Buddhist monk.

What Mindfulness Meditation is?

It is a process of learning how to deal with the different situation mindfully, a life skill that leads to tranquillity, insight and realization of own-self. It helps to live a moral life,



controlled mind and full of love and compassionate heart. 'Bare attention to things, feeling, emotions etc but remaining in the present moment with non judgement or free of any opinion. It enables clarity of thoughts, feelings, physical sensations and life as one finds it, and is a natural way of being present and aware of ourselves and of others. It is believed that Meditation can help to manage stress, reduce anxiety, increase inner clam, develop mental capacity, improve concentration, diminish low moods, and enhance well-being.

Purpose of the Centre

'Helping hands healing hearts' is centre's prime objectives.

The Centre is here to help you to heal yourself and guide you to be your own therapist. So

activities are organized in a friendly and warm welcoming environment for better cause.

The centre provides regular sessions and classes on meditation. It also intends to provide facilities and supports people sincerely interested in Buddhist studies- access to the scriptural/ philosophical Buddhist studies and practical, in particular to the meditation and its practical application in daily live. Ultimately, its purpose is to help to spread

Code of practice

1. Refrain from harming or killing but practice loving kindness
2. Refrain from taking that is not given, but practice generous
3. Refrain from sexual misconducts but development of goodwill
4. Refrain from lying and false speech but speak honestly, kindly
5. Refrain from consumption of intoxicants but to develop clear mind and pure heart.

Open hours: 9am – 2pm / 6pm — 9pm