



Byoma Kusuma (Sky Flower) Buddhadharm Sangha

Mindfulness

What is it anyway? And can it really help me?

Mindfulness is the practice of bringing attention and awareness to our thoughts, feelings and sensations as they arise without judging or criticizing them. When this awareness is present, we accept our thoughts, feelings and emotions as they are. This leads to a calm and balanced state of mind with greater access to our inner wisdom and joyful connection with life.

Byoma Kusuma offers mindfulness meditation sessions and Dharma discussions. The group meditation sessions are designed to help you develop mindfulness and its resultant benefits through Shamatha (Calm Abiding) and Vipashyana (Insight) techniques. Group sessions provide a supportive environment and group synergy, and can help you develop your own daily practice at home. Dharma discussions are offered monthly in which we will explore various aspects of Buddhist philosophy and their relevance to everyday life.

When

1st and 3rd Sunday of each month

Where

Fairfax (Fair Lakes), Virginia

(Please [join BK Meditation](#) or contact us for exact location)

Schedule

- 1) 11:00am—12:00pm: Guided Group meditation (including sitting instruction and discussion)
- 2) 12:00—12:50 pm: Dharma topic presentation and discussion (1st Sunday only)

Contact

Join: <http://www.meetup.com/Byoma-Kusuma-Meditation> (contains updated schedule and other info)

Email: bkdc@byomakusuma.org

Phone: 202-378-7121 (please leave a message if there is no answer)

About BKBS

The Byoma Kusuma Buddhadharm Sangha was established by Mahayogi Acharya Shridhar Rana Rinpoche in the tradition of Vajrayana Buddhism. The main center is located in Kathmandu, Nepal where Rinpoche resides. For more information on Mahayogi Acharya Shridhar Rana Rinpoche and Byoma Kusuma, please visit our website at www.byomakusuma.org.

Everyone (including those new to meditation) from any tradition and religion/no religion is welcome to take part in our Sunday programs in meditation and discussions on Buddhism. Programs are free. Donations are welcome and will go towards supporting center activities.