

The Hearts Center 2013 Winter Solstice Conference

Enlighten Yourself with the Buddhas

Livingston Sanctuary of the Heart

Livingston, Montana

December 19–22

(On-site and broadcast attendees are invited to submit questions in writing for Manjushri related to Buddhist/mindful practices.)

All times are MST

Thursday, December 19

- 8:45 a.m. In seats. Silent meditation
- 9:00 Meditation tips and keys, prayers and songs
- 10:30 **Lanello and the Buddha Mother (Clare de Lis)**
- 10:50 Silence/reflection on HeartStream
- 11:00 Intermission

- 11:15 Bhajans with dancing/movement, prayers, songs
- 11:50 **BuddhiMa**
- 12:15 p.m. Silence/reflection on HeartStream
- 12:25 Announcements
- 12:30 Lunch, community fellowship
- 2:00 Paneurhythmy instruction video
- 2:30 Workshop: “An Introduction to Tibetan Bowls: Their History, Qualities, Resources and Therapeutic Use” by Brian Sparks (with opportunities to hear and play the bowls). See bio below.

- 4:00 Intermission
- 4:15 Prayers, bhajans
- 4:30 **Manjushri**
Manjushri will answer questions related to Buddhist/mindful practices.
- 5:55 Announcements
- 6:00 Dinner, community fellowship

Friday, December 20

- 8:45 a.m. In seats. Silent meditation
- 9:00 Meditation tips and keys, prayers and songs

10:30 **Green Tara**
 10:50 Silence/reflection on HeartStream
 11:00 Intermission
 11:15 Bhajans with dancing/movement, prayers, songs
 11:50 **Padma Sambhava**
 12:15 p.m. Silence/reflection on HeartStream
 12:25 Announcements
 12:30 Lunch, community fellowship
 2:00 Panerhythmy instruction video
 2:30 Presentation: “Tranquil Abiding” by Porter Weldon. See bio below.
 2:45 Silent Meditation
 2:55 Presentation and Discussion: “Prajnaparamita and the Feminine Aspects
 of Buddhahood” by Porter Weldon
 4:00 Intermission
 4:15 Prayers and bhajans
 4:30 **White Tara**
 4:50 Silence/reflection on HeartStream
 5:00 Manjushri will answer questions related to Buddhist/mindful practices
 5:55 Announcements
 6:00 Dinner, community fellowship

Saturday, December 21

8:45 a.m. In seats. Silent meditation
 9:00 Meditation tips and keys, prayers and songs
 10:00 **The Great Divine Director** (10:11 a.m. sun goes into Capricorn—winter
 solstice)
 10:30 **Maitreya**
 10:50 Silence/reflection on HeartStreams
 11:00 Intermission
 11:15 Bhajans with dancing/movement, prayers, songs
 11:45 **Avalokitesvara (Kuan Yin)**
 12:15 p.m. Silence/reflection on HeartStream
 12:25 Announcements
 12:30 Lunch, community fellowship
 2:00 Meditation tips and keys by Boyd Badten
 2:15 Silent Meditation
 2:30 Presentation by The Hearts Center council
 3:30 Prayers, bhajans
 4:00 **Buddha of the Ruby Ray**

- 4:20 Silence/reflection on HeartStream
- 4:30 Intermission
- 4:45 Manjushri will answer questions related to Buddhist/mindful practices
- 5:25 Announcements
- 5:30 Dinner, community fellowship
- 7:00 Free broadcast for all: World Freedom Service joined by the Knights and Ladies of the Flame. Celebration of the life of Nelson Mandela.
- 9:00 Closing

Sunday, December 22

- 8:45 a.m. In seats. Silent meditation
- 9:00 Meditation tips and keys, prayers and songs
- 10:30 **Sarasvati**
- 10:50 Silence/reflection on HeartStream
- 11:00 Intermission
- 11:15 Bhajans with dancing/movement, prayers, songs
- Gautama Buddha**
- Prajnaparamita (Mother of all Buddhas)**
- 1:00 p.m. Sealing of the conference and circle of fellowship and appreciation
- Lunch, community fellowship
- 3:00 Optional trip to Chico Hot Springs

Presenters

Brian Sparks

A student of the Nyingma School of Tibetan Buddhism, Brian Sparks, has received his spiritual teaching from several masters--Gochen Tulku Sang Ngag Rinpoche, his brother Khenpo Namchak, and translator Khenpo Sonam. Khenpo Namchak and Khenpo Sonam have empowered Brian's playing of the bowls by giving him a specific prayer for their use originating in an ancient lineage of teaching, and instructing him concerning the use and spiritual uniqueness of the singing bowls.

He has also received advanced instruction in the therapeutic playing of the bowls from Masters Santa Ratna Shakya and Shree Krishna Sahi from Katmandu, Nepal. You will often find Brian at Buddhist fundraisers and in ceremonies at the Garden of One Thousand Buddhas in Arlee, Montana, playing his bowls. Brian is currently using the bowls in his therapeutic practice, Harmonic Harbor.

Porter Weldon

Porter Weldon discovered the spiritual path in 1969 with a keen interest in the Eastern esoteric traditions, especially Tibetan Buddhism. He also has been a student of the ascended masters since 1977 and was on the staff of The Summit Lighthouse until 1982.

For over for forty years, his interest has always been in the integration of the great esoteric truths of both East and West. And for the last twenty years, he has worked in an esoteric bookstore with its vast opportunity to study the teachings and to meet many great teachers and practitioners.

As an artistic expression, he has designed a line of *malas*, Asian prayer beads. The spiritual intention of the malas is to inspire those holding them to recognize their true nature of mind as an immediate perception. As sacred jewelry, *malas* hold and reflect the compassionate intent of the beauteous realms.

Note: This program is subject to change.

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