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 Buddhic/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 Buddhic/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        Paneurhythmmy 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 Buddhic/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 Buddhic/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 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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