

# **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