**A Sun to Illuminate the Mind, A Moon to Soothe the Heart**

**by Ven George Churinoff**

In this series of classes, Venerable George Churinoff will explain and lead guided meditations based on the profoundly moving Lamrim prayer from the Guru Puja composed by the First Panchen Lama. The Lamrim, or the stages of the path, is a presentation of the Buddha's teachings in a form suitable for the step-by-step training of the mind. This is a practice through which anyone can find insight and meaning, according to each individual's level of understanding.

Text:

* FPMT’s Lama Chopa text (https://shop.fpmt.org/Lama-Chopa-PDF\_p\_1949.html), from page 50 onwards.
* [Mind Training Commitments](http://www.fpmtabc.org/download/teaching/george_churinoff/2020/Mind%20Training%20Commitments.pdf), download from ABC Resources