Phrases for English programs

## Before

1. Welcome. Hello.
2. Have you come to this program before?
3. Do you live here in Edmonton.
4. Have you done any meditation before? No? That’s wonderful. This / is the perfect place / to learn.
5. Good to see you again.
6. How did you find out about us?

## Beginning

1. Welcome to the Buddha Meditation Centre of Edmonton.
2. We are very glad / that you found us.
3. We are very glad / you are here.
4. We want everyone / to feel comfortable here.
5. Always feel free / to ask questions / after the programs.
6. This is a place / where you can learn / the original teachings of the Buddha.
7. Everything you learn here / comes directly from the Buddha.
8. We want to help you understand / the teachings of the Buddha / and apply these teachings to your lives. It is not just enough to learn—we must put the teachings / into practice.
9. All of the teachings here / come from the sermons / preached by the Buddha and his enlightened disciples.
10. These sermons can be found / in a collection called / the Sutta Pitaka. Sutta is a Pali word that means “heard” / and pitaka means “basket.”
11. You may hear some words / that are not in English. These are words / from the Pali language, an ancient Indian language / spoken by the Buddha.
12. Does anyone have a hard time hearing me? Please come forward / and let me know if I have to speak louder.
13. If you are not used to sitting on the floor, it is better to sit on a chair.
14. If you become uncomfortable sitting on the floor, feel free to quietly move to a chair.
15. We don’t have to sit on the floor to meditate. We can even meditate standing, walking, or lying down.
16. After the class / there will be a chance / to ask questions. The Buddha praised asking questions.
17. If you are just starting to meditate, you can begin / with five minutes / once or twice a day. Naturally / the time will increase.

## After the program

1. If you like, / you can download the text / of our guided meditations / from our website.
2. If this is your first time coming here, please fill out one of the “Welcome” forms / on the table / so we can learn a little bit about you.
3. We have this meditation class / every week at this same time.
4. Check our website / before you come / to confirm the location.
5. We also have a program every Friday / where we do some chanting and meditation / and listen to a longer talk.
6. The best way to keep in touch with us / is by signing up for our e-mail newsletter. You can do that on our website / or by including your email on the welcome form.
7. We are also on Facebook and Instagram, so you can keep in touch with us / that way.
8. If you have any questions / about anything we talked about / or about our activities in general, please feel free to come up and talk with me.
9. So today / we have come together peacefully / with the sincere interest / to improve our minds through meditation.
10. It is very rare in this world / to have a chance to do this, / especially with a group of supportive people / like this.
11. May you always / have the opportunity / to associate / with good spiritual friends!
12. Through the power of these wholesome actions, / may you experience / true happiness both now / and in the future!