

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

7. Welcome to the Buddha Meditation Centre of Edmonton.
8. We are very glad / that you found us.
9. We are very glad / you are here.
10. We want everyone / to feel comfortable here.
11. Always feel free / to ask questions / after the programs.
12. This is a place / where you can learn / the original teachings of the Buddha.
13. Everything you learn here / comes directly from the Buddha.
14. 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.
15. All of the teachings here / come from the sermons / preached by the Buddha and his enlightened disciples.
16. These sermons can be found / in a collection called / the Sutta Pitaka. Sutta is a Pali word that means “heard” / and pitaka means “basket.”
17. 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.
18. Does anyone have a hard time hearing me? Please come forward / and let me know if I have to speak louder.

19. If you are not used to sitting on the floor, it is better to sit on a chair.
20. If you become uncomfortable sitting on the floor, feel free to quietly move to a chair.
21. We don't have to sit on the floor to meditate. We can even meditate standing, walking, or lying down.
22. After the class / there will be a chance / to ask questions. The Buddha praised asking questions.
23. 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

24. If you like, / you can download the text / of our guided meditations / from our website.
25. 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.
26. We have this meditation class / every week at this same time.
27. Check our website / before you come / to confirm the location.
28. We also have a program every Friday / where we do some chanting and meditation / and listen to a longer talk.
29. 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.
30. We are also on Facebook and Instagram, so you can keep in touch with us / that way.
31. 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.
32. So today / we have come together peacefully / with the sincere interest / to improve our minds through meditation.
33. It is very rare in this world / to have a chance to do this, / especially with a group of supportive people / like this.
34. May you always / have the opportunity / to associate / with good spiritual friends!
35. Through the power of these wholesome actions, / may you experience / true happiness both now / and in the future!