



Six Dharmas of the Lotus Family

- 1. Basic Moving Mudra,**
Clear energy blockages, improve circulation, and cleanse every illness out of your body.
- 2. The Effulgence of Amitabha Buddha,**
Develop self –radiating inner light in your body.
- 3. Prayer to Amitabha Buddha,**
Attain purity of your heart-mind.
- 4. The Blaze of Amitabha Buddha Extinguishing Disaster,**
Eliminate the karmic obstacles in your life.
- 5. The Clear Eye of Amitabha Buddha,**
Learn simple and beautiful eyes healing meditation.
- 6. The Purity of Avalokitesvara Bodhisattva,**
Let your true nature blossom like a lotus flower.

**Classes every Sunday 11-11:45 am,
Diamond Yoga Meditation Center,
193 Carlisle Way, Benicia
(please park along Chelsea Hills Drive)**

Workshop Saturday 10am – 3pm

COMING SOON

Contact: Maria at 1-(707)-748-1662