

## ***Awakening the Heart: An In-Depth Journey Into Mahayana Teachings***

Join this comprehensive course and explore the richness of the Mahayana and deepen your practice and understanding of these teachings and their relationship to the Shambhala Path.

The Mahayana teachings are our gateway to the heart of boundless compassion, to the transcendent wisdom of emptiness, and ultimately to discovering the Buddha nature that resides within each of us.

This Online offering is open to all and is especially designed to accompany participants for the in-person Meditation Instructor and Teachers Training in Dechen Chöling in August 2027.

*If you are interested in the Meditation Instructor and Teachers Training in Dechen Chöling, please find out more [HERE](#).*

This 16 class course will be led by a rich and diverse teaching team and will be structured in four parts:

- Mahayana I – Bodhicitta and Bodhicitta practice
- Mahayana II – Lojong and Tonglen
- Mahayana III – Emptiness and the *Heart sutra*
- Mahayana IV – Buddha Nature

Registration with Shambhala Online will open soon.

**The course schedule is as follows:**

### **Mahayana I – Bodhicitta and Bodhicitta practice**

Class 1: Hinayana as the Ground and Transition to Mahayana  
Sunday 21. February 2027 19.00-21.00 CEST

Class 2: Bodhicitta and Bodhicitta Practices  
Sunday 14. March 2027 19.00-21.00 CEST

Class 3: The Four Immeasurables and the Six Paramitas  
Sunday 11. April 2027 19.00-21.00 CEST

Class 4: Bodhicitta in Everyday Life  
Sunday 25 . April 2027 19.00-21.00 CEST

### **Mahayana II – Lojong and Tonglen**

Class 5: Training in the Preliminaries: Shamatha-Vipashyana  
 Sunday 9. May 2027 19.00-21.00 CEST

Class 6: Tonglen and Relative Bodhicitta Slogans: Paramita of Patience and Commentary on Lojong Slogans point 3  
 Sunday 23. May 2027 19.00-21.00 CEST

Class 7: Paramita of Exertion and Commentary on Lojong Slogans Points 4 and 5  
 Sunday 6. June 2027 19.00-21.00 CEST

Class 8: Prajnaparamita and Commentary on Lojong Slogans Points 6 and 7  
 Sunday 20. June 2027 19.00-21.00 CEST

### **Mahayana III – Emptiness and the *Heart sutra***

Class 9: Hinayana and Mahayana and the Heart Sutra  
 Sunday 12. September 2027 19.00-21.00 CEST

Class 10: Prajna Paramita and Relative and Ultimate Truths  
 Sunday 26. September 2027 19.00-21.00 CEST

Class 11: Madhyamaka Teachings I and II  
 Sunday 10. October 2027 19.00-21.00 CEST

Class 12: The Five Paths and an Overview  
 Sunday 24. October 2027 19.00-21.00 CEST

### **Mahayana IV – Buddha Nature**

Class 13: The Three Turnings of the Wheel of Dharma  
 Sunday 7. November 2027 19.00-21.00 CEST

Class 14: Basic Goodness and Tathagatagarbha / Sugatagarbha and the Three Jewels  
 Sunday 21. November 2027 19.00-21.00 CEST

Class 15: Buddha Nature, Enlightenment Qualities and Buddha Activity  
 Sunday 5. December 2027 19.00-21.00 CEST

Class 16: The Shentong View: *From the great cosmic mirror, without beginning and without end, human society became manifest*  
 Sunday 19. December 2027 19.00-21.00 CEST

***This course is not a pre-requisite for the training in Dechen Chöling, however it is strongly recommended. If you are not able to attend all the sessions, recording will be available as a continuing resource to those who register.***

This course will feature 8 different teaching teams, consisting of a lead teacher, a teacher in training and an MI in training. There are a limited number of spaces available for participants of the in-person training and if you are interested to be active in one of these teams please contact Sabine Kuen [sfkuen@gmail.com](mailto:sfkuen@gmail.com) at the latest by 31. September, 2026

**Registration with Shambhala Online will open soon.**