

Visiting Manchester Buddhist Centre



Welcome!

Buddhists come here to meditate, to study the Buddha's teachings, to worship, and to relax with their friends. Some Buddhists work here; a few live here.

Many people non-Buddhists come here to learn to meditate, or to find out about the Buddha and his teachings. Others come to look around, to eat in the cafe, or to use the health centre.

This is an old building. Built by the Victorians in the 19th century, it was a warehouse storing cotton cloth. part of Manchester's world-famous cotton industry. The building was empty for 30 years, until Buddhist women and men started to work on it in 1994. In two years they turned it from a ruin to a beautiful place for everyone to enjoy.

When you visit, you will be very welcome. There may be people meditating while you're here: be considerate but have fun too. There is no need to be completely silent; we aren't!



Preparing for your visit

Decide what questions you want to ask

- What do you already know about Buddhism?
- What else would you like to know?
- What aspects of Buddhism have you not really understood yet?
- What Buddhist ideas do you disagree with?
- What ethical topics have come up in lessons, on which you'd like a Buddhist view?

Think about and discuss

- the kinds of people we admire, and how we show our appreciation.
- why Buddhists might worship the Buddha.
- What else do you want to know?

Check out these websites

- www.manchesterbuddhistcentre.org.uk
- www.clear-vision.org (student pages and Ask A Buddhist!)

While you're here, notice

- how it compares with the things you saw on the websites.
- how you feel.
- unusual smells, sounds and colours.
- how other people behave.



We look forward to seeing you!