

# Calming the Fearful Mind

This is a schedule for  
European Time Zones  
(CST Paris)

	Thursday 1/22/2026	Friday 1/23/2026	Saturday 1/24/2026	Sunday 1/25/2026	Monday 1/26/2026
THEME	It's OK not to be OK	Finding Your Refuge	Peace is Made of Peace	Path of Love	Nourishing Great Togetherness
6:00		Mindful Exercise			
7:00		Guided Sitting Meditation & Sutra/Teaching Reading		Silent Sitting & Sutra/Teaching Reading	Guided Sitting Meditation & Sutra Reading
8:00		Breakfast (offline)			
9:30		Dharma Sharing	Dharma Sharing	Affinity Groups Consultation / Workshops	Dharma Sharing
11:30		Walking Meditation (with live intro)	Walking Meditation (offline)	Walking Meditation (with live intro)	Writing Love Letter
12:30		Lunch (offline)			
14:00		Guided Deep Relaxation			
15:30	15:00 - 18:30 Connection testing	Singing & Dharma Talk "The Courage to Feel"	Dharma Talk "Transforming Fear Into Love"	Questions & Responses	Chanting & Dharma Talk "The Gift of Non-Fear"
17:00		Mindful Exercise			
18:00		Mindful Meal Together	Dinner (offline)		Mindful Meal Together
19:30	Music Opening & The Journey Begins	Sitting Meditation & Reading	Sitting Meditation & Sending the Energy of Peace	Sitting Meditation & 5 Mindfulness Trainings Transmission Ceremony	Lyrical Meditation (with music and poetry) Fundraising for Lower Hamlet: Our History and Vision
21:30	Sleep well	Big bell chanting			
23:30		Sleep well	Sleep well	Sleep well	Sleep well