

Keep the Heart
of Bodhichitta Centre
Beating



Making and Submitting YOUR Bodhichitta Story

If these stories inspired you and/or helped you feel a connection with other Dharma practitioners on Vancouver Island and the Gulf Islands, please consider creating your own contribution. We are not looking for polished performances, just statements **from your heart.**

You can easily do this with your smart phone. Either record a video OR record just sound and send a picture along with it. All smart phones come with these functions. (video recording, audio recording, photos, email)

Typically your phone will know, when emailing, to store a long video in the cloud (google drive or icloud or other) and send a link. Audio recordings are smaller and can just be attached to the email.

SEND YOUR QUESTIONS AND/OR CONTRIBUTION TO
Heart@BodhichittaCentre.ca

Or call **250-592-7164 x4**