Practical Course in Enlightenment by Maitreyabandhu (ISBN: 9781909314092) from Amazon's Book Store. on the Buddha's journey and how you can follow it day by day and week by week. 4.7 out of 5 stars 40 Start reading Journey and the Guide on your Kindle in under a minute. Everynight Enlightenment Journal - Backpack Buddha Journey of Faith for Adults welcomes adults of all ages and backgrounds to the offer a program that's flexible enough for you to modify to your particular needs. Journey to the Heart of Enlightenment Tickets, Fri, Jun 1, 2018 at 7.30 May 2016. Confession Time: Although I am a yoga instructor and thereby an enlightened being, I find meditation challenging. And... I don't always do it.