



**SATI CENTER FOR BUDDHIST STUDIES
PRESENTS**

THE SAFETY OF THE ISLAND

~Exploring the nature of Nibbana~

with

Ajahn Amaro

Saturday, October 31, 2009

9:30 am - 5:00pm

Tea and informal discussion at 4:30pm

at the

Insight Meditation Center

108 Birch St.

Redwood City, CA

Join Ajahn Amaro for a day of exploration into the nature of Nibbana, and various ways of realizing this, the culmination of the Buddhist path.

In the West many people are disappointed both with materialism and theistic religions. To them Buddhism has great appeal but, lacking any fundamental sense of, or faith in the transcendent, the practice of Buddhism easily becomes a dry, almost technical procedure - intellectually and psychologically satisfying but strangely sterile as well.

However, rather than rejecting the idea of any Ultimate Reality as being intrinsically theistic nonsense, this daylong will point out how there is also such a principle in the Buddha's teachings, without there being any hint of a creator god in the picture; it will also address ways that this most essential of qualities can be realized.

The direct apprehension of this transcendent quality, known as Nibbana, gives a living and expansive quality to spiritual life for there is a natural joy when the heart opens to its true, fundamental nature. Much of the material that will be examined is available in the newly-posted PDF of *The Island* at <http://www.abhayagiri.org/index.php/main/book/1788/>.

AJAHN AMARO trained in Thailand with Ajahn Chah and with Ajahn Sumedho, at Amaravati Buddhist Monastery in England. He is co-abbot of Abhayagiri Buddhist Monastery, a branch monastery of the forest meditation tradition, in Mendocino County. He resides there with a small monastic community.

There will be a meal offering for Ajahn Amaro and other monastics in attendance. If you would like, please bring food to offer at that time.

THIS CLASS IS OFFERED ON A DONATION BASIS ~ BRING LUNCH ~ PRE-REGISTRATION NOT REQUIRED



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