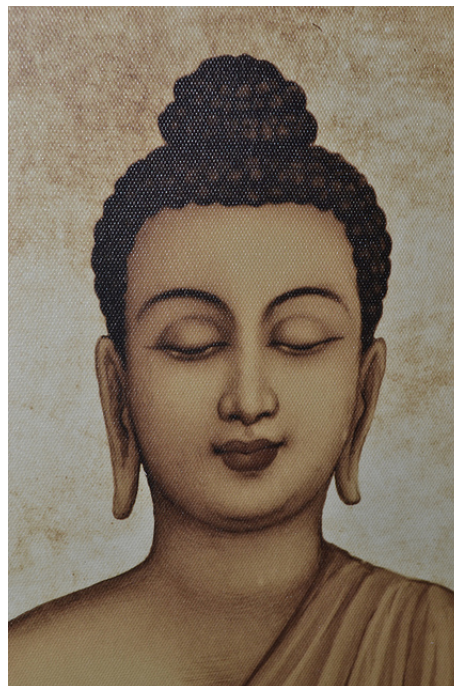


SATI CENTER FOR BUDDHIST STUDIES
PRESENTS
The Brahmaviharas with Ajahn Thanissaro

Saturday, April 27, 2013
9:30 AM to 5:00 PM

at the
Insight Meditation Center
108 Birch St.
Redwood City, CA



The Brahmaviharas—attitudes of unlimited good will, compassion, empathetic joy, and equanimity—are useful tools for counteracting unskillful mind states, such as ill will and resentment, and for developing all three parts of the path to the end of suffering: virtue, concentration, and discernment. This day-long course will use readings, talks, discussions, and periods of meditation to explore the uses and limitations of these attitudes in the context of the total path.

Ajahn Thanissaro (Geoffrey DeGraff) is an American monk of the Thai forest tradition. In 1991 he traveled to the hills of San Diego County, CA, where he helped establish Metta Forest Monastery, where he is the abbot. He is a prolific writer and translator. Many of his works can be found online at www.accesstoinsight.org.

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

This Class Is Offered On A Donation Basis ~ Pre-Registration Not Required.



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