

One-day Workshop with Venerable Dr. Dhammadipa

Mindfulness of Breathing

Sixteen Phases of Concentration

Mindfulness of Breathing is one of the most common forms of Buddhist meditation and is believed to have been practiced by the Buddha before he attained nirvana. This method consists of both concentration (samatha) and contemplation (vipaśyanā). It is generally understood that Mindfulness of Breathing is renowned for taming the mind. The retreat will do little meditation. Most of the time, Ven. Dr. Dhammadipa (Fa Yao) will explicitly and systematically explain the concentration aspect of this meditative technique. The aim is to have a clearer understanding of the path structure of the Mindfulness of Breathing.

Venerable **Dr. Dhammadipa** has been an ordained Theravada monk for 18 years. He received his BA and MA in Buddhist Studies in Sri Lanka respectively. He officially received his PhD degree in Buddhist Studies from the University of Bristol, England. He also taught the Early Canon (Āgama/Nikāya) and Abhidharma in Taiwan before enrolling in the PhD program. His PhD thesis was on "The Role of Mindfulness of Breathing in the Early Canon and Abhidhamma/Abhidharma." He reads in several Buddhist languages: Chinese, Japanese, Pali, Sanskrit, etc.

9 AM - 3 PM, Saturday, September 23, 2006
Wang Center, Room 101
Stony Brook University

Both beginners and experienced practitioners are welcome.

Bring your own lunch and water.

\$20 donation suggested.

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and the Charles B. Wang Center <http://www.stonybrook.edu/wang>
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