

Buddhism Study & Practice Group

Wang Center, Stony Brook University



VEN. DR. SAK DHAMMADIPA



If you think you need a bit of smiling in your life, this marvelous technique taught by the Buddha 2500 years ago will meet your needs.

**SATURDAY, APRIL 12, 2008
9:00 AM – 2:30 PM
Room 301, Wang Center**

WORKSHOP: THE FOUR SUBLIME ABIDINGS

The Ven. Dhammadipa will give teaching and meditation instruction on the Four Sublime Abidings (cattaro brahmavihara) that accompany spiritual development:

Loving kindness (metta), compassion (karuna), sympathetic joy (mudita), and equanimity (upekkha)

The Venerable Dr. Sak Dhammadipa is presently director of the Cultural & Educational Center of Massachusetts Budhi Siksa Society, Quincy, MA. Ordained as a Theravada monk in November 1987, he received his BA and MA in Buddhist Studies in Sri Lanka, and his PhD in Buddhist Studies from the University of Bristol, UK. His PhD thesis was on "The Role of Mindfulness of Breathing in the Early Canon and Abhidhamma/ Abhidharma." He reads in Chinese, Japanese, Pali, Sanskrit, French, etc.

Please arrive early and bring your meditation cushion and towel

FREE FOR STUDENTS

\$20 teacher's donation suggested for non-students
To register, contact Sheila asriversflow@yahoo.com



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