
Meditation Workshop and Two Dharma Talks

by

Lama Kathy Wesley



☞ May 6, 2008: Meditation Workshop
Develop mindfulness, improve concentration,
reduce stress

☞ May 7, 2008: Dharma Talk on
"The Six Perfections"
Generosity, Ethical Behavior, Patience,
Joyous Effort, Meditation, and Wisdom

☞ May 8, 2008: Dharma Talk on
"Buddhism in The Real World"

When we think of Buddhism, we might call to mind images of Shakyamuni Buddha, sitting peacefully on a lotus flower, and wonder how the teachings of such a person might help us in the busy "real world" we inhabit. This lecture describes how Buddhist teachings apply to our daily life, including the workplace, the home, and the classroom.

Time: 6:30 – 8:30 PM

Venue: Room 301, Wang Center, Stony Brook University

Lama Kathy Wesley (Gyurme Chotso) has been a student of Khenpo Karthar Rinpoche since 1977. She participated in the first three-year retreat led by Khenpo Rinpoche at Karme Ling Retreat Center in upstate New York, and thus earned the title of 'retreat lama.' Lama Kathy serves at the Columbus Karma Thegsum Choling (Ohio) as its practice coordinator, and travels to other Buddhist centers throughout the country to teach. She is a graduate of Ohio State University with a bachelor's degree in journalism and lives in Newark, Ohio with her husband Michael.

Please arrive early and be in place by 6:30 PM.
For meditation, please bring a cushion, towel, socks and sweater.

FREE FOR STUDENTS

\$10 teacher's donation suggested for non-students.



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The Charles B. Wang Center at the Stony Brook University
and Graduate Student Organization (GSO)

For campus directions : <http://ws.cc.sunysb.edu/doit/maps.html>

