Evening Public Talk: Fri. Nov. 4th

The practice of meditation is an ancient contemplative art extending from the religious traditions of Asia that promises the gradual attainment of inner peace. Is inner peace an attainable goal in our busy, modern American lives? Do we have to leave everything behind to attain such peace? In this evening talk, Lama Willa, a scholar and practitioner of Buddhism, and decades-long meditator, will discuss what meditation is and how it is relevant to our day and age. We will also explore why a practice that allows us to potentially find peace amid the chaos of our own mind might lead to resilience and transformation at this juncture in history, when the world faces formidable challenges.

Time 7-8:30 pm
Place: Hutchinson Center: 80 Belmont Ave, Belfast
Donation: $10.00

Please RSVP to Hank at hank.reisner33@gmail.com

Lama Willa Miller
Natural Dharma Fellowship