In this sharing session, Ven. Dhammadipa will share about how to face illness with compassion, as a way to take care of our exhaustion, frustration and the distress in witnessing the physical and emotional pain experienced by the people we serve.

Experiential meditation practices will be introduced. Friends from all faiths are welcome.

Date: Jan 25, 2014 (Sat)

Time: 7:00-9:30pm

Venue: KB419, 4/F, Knowles Building, HKU

About Venerable Dhammadipa Thero
Born in the Czech Republic, he is a world-renowned meditation master and scholar with a profound understanding and practice of the core teachings from the Buddhist Canon in Pali, Sanskrit and Chinese. With his extensive academic background and years of meditation practice, he has received invitations to teach worldwide, namely, Europe, America, India, Mainland China, Taiwan and Southeast Asia. He speaks fluent Czech, French, German, English, Russian, and Mandarin Chinese.

His teaching emphasizes that one starts training in virtue, which lays the foundation for training in tranquil mental states (Samatha) and then developing wisdom by direct seeing of the nature of reality (Vipassanā). Understanding and practice of the Buddha’s teaching is inseparable and should be realized for the sake of all sentient beings.

Registration: www.buddhism.hku.hk/newsevents.html
Enquiry: 3917 5078 · hkucbs@hku.hk

Organized by: Centre of Buddhist Studies, HKU
Sponsored by: Tung Lin Kok Yuen
Co-organized by: Centre on Behavioral Health, HKU
Centre for the Humanities and Medicine, HKU
OASIS - Center for Personal Growth and Crisis Intervention, Hospital Authority
Buddhistdoor