

AWAKENING FROM THE SUFFERING OF A "SEPARATE SELF" A Practical Hands-On Path of Practice

WITH SIM'S FOUNDING TEACHER DENNIS WARREN

SATURDAY, JULY 25 - 830 Am - 430 PM

At the center of all Buddhist practice is the notion that we can awaken from the suffering that is always traceable back to our sense of a "separate self." This extraordinary principle is both the foundational path of practice and a source of deep confusion for practitioners.

During this one day retreat, we'll explore a number of practical practice questions: What does "self" mean from a Buddhist perspective? Is it the same as the "ego"? Where does "narcissism" fit in? How do we make sense of the idea of "no self"?

Most importantly, what are the core teachings of the historical Buddha that provide us with a coherent understanding of these issues? And an integrated set of practices to work with these real life issues and live a satisfying and fulfilled life? The Buddha provided us with practical, hands on advice on these questions.

This day of meditation practice and discussion with SIM's Founding Teacher Dennis Warren will examine the historical structure and components of Buddhist practice on these topics. He will draw on the lives of the Historical Buddha and a number of the leaders of the original Sangha to help us develop a practical, hands-on approach to this exciting, liberating path of practice.

The retreat will take place at the Sacramento Friends Meetinghouse, located at 890 57th Street, 95819. Bring your own lunch and plan on staying on-site for this full day of practice. Practitioners of all levels of practice, for beginners to experienced, are invited to attend.