

# KADAMPA BUDDHISM & MEDITATION IN HOBART



Saturday 21 November 10am - 1pm  
with Gen Kelsang Rabten



# KADAMPA BUDDHISM & MEDITATION



Kadampa Buddhism was brought to the west by Buddhist master Geshe Kelsang Gyatso in 1977. It presents a complete path to lasting inner peace in a way that is easy to integrate into our every day lives.

Gen Rabten is Geshe Kelsang's main representative in Australia and New Zealand. He is a western Buddhist monk, who is currently based at the Australian Kadampa Temple in the Dandenongs.

Gen Rabten has been ordained since 1994. He presents the timeless wisdom of Buddha in a way that is easy to understand and put into practice.

## THE PATH TO NIRVANA: A STEP BY STEP GUIDE TO BUDDHISM

**Saturday 21 November 10am - 1pm**

This course is open to everyone. It will provide a clear and practical explanation of the stages of Buddhist meditation and practice.

The main focus of the course will be showing we can find a deep inner peace and contentment by changing the way we relate to our world and ourselves.

Gen Rabten will clearly explain reincarnation, karma, samsara and nirvana and show how this understanding empowers us to enjoy a deep inner peace.

Everybody is welcome to attend this course regardless of previous experience of meditation or Buddhism. The talks will contain guided meditations and an opportunity to ask questions.

**The charge for the course is \$20. There is no need to book.**



These talks are organised by Kadampa Meditation Centre Australia, a member of the New Kadampa Tradition - International Kadampa Buddhist Union.

### WHERE?

*Jarrah Room,  
Bahá'í Centre of Learning for Tasmania,  
1 Tasman Highway, Hobart*

**For information phone: 03 9756 7203 or visit: [www.kadampa.org.au/hobart](http://www.kadampa.org.au/hobart)**