

The Northern Rivers Buddhist Education Network

Public Teachings Series

Christopher Titmuss

Talk & Inquiry: From Mindfulness to Waking Up

The Buddhist practice of Mindfulness is a means to keep us grounded and established in the here and now. Along with meditation, the practice contributes to a genuine sense of well-being and clarity. Yet, mindfulness is not an end in itself. It is one step of several along the Way. Christopher will speak on the value and limitations of mindfulness, the significance of awakening that expresses the fulfilment of human aspirations. In the talk, dialogue and inquiry, he will show this awakening is available to one and all.

Where: Byron Bay Community Centre

When: Tuesday 20th November 7.00 pm (Chairs available or bring a cushion)

By donation (dana)

Christopher Titmuss, a former Buddhist monk in Thailand and India, teaches Awakening and Insight Meditation worldwide. A senior Dharma teacher in the West, he is the author of numerous books including *Light on Enlightenment*, *An Awakened Life* and *Transforming Our Terror*. A campaigner for peace and other global issues, Christopher is a member of the international advisory council of the Buddhist Peace Fellowship. He is the co-founder of Gaia House, an international retreat centre in Devon, England.

For more information: Call Carol Perry (02) 66886269

Email: cperry@nrg.com.au

