

Ten Perfections

meditation and study course with
Thanissaro Bhikkhu



Labatt Hall, Harbour Centre
Simon Fraser University
515 West Hastings St. Vancouver BC

September 17th & 18th 2011 9am - 4pm

The Teacher: Venerable Thanissaro Bhikkhu (Geoffrey DeGraff) has been a Theravada monk since 1976. After studying in Thailand with Ajahn Fuang Jotiko for ten years, he returned to U.S. in 1991 to help found Metta Forest Monastery in the mountains north of San Diego where he is currently the abbot. Venerable Thanissaro Bhikkhu's writing includes *Noble Strategy*, *The Mind Like Fire Unbound*, and *The Wings to Awakening*. He has also translated many meditation guides by Thai Forest masters, as well as numerous scriptural texts from the Pali Canon.

The Topic: During this study course, we will explore the Buddha's teaching on *Ten Perfections* or *Paramis* -- the ten qualities of character that can be developed to support the path of awakening.

Attendance: Free to all

Dana: Donations are gratefully accepted to support Metta Forest Monastery.

Registration: Please contact Jackie at jdrozdowski@gmail.com
Early registration is suggested as the space is limited and expected to be full.