

GESHE LOBSANG DHONDUP

CULTURAL OFFICER TO THE THE OFFICE OF TIBET IN SOUTH AFRICA



MEANING, PURPOSE & HAPPINESS

TUE 12 FEB - THURS 14 FEB 2019

BOOKINGS@BRCIXOPO.CO.ZA

Buddhism has been said to be the philosophy that can be used in our modern times. It resonates with scientific theories and accepts knowledge through investigation and analysis. It also teaches us that in order to find happiness and meaning in our lives it is necessary to assess our present situation with honesty and with kindness to ourselves. This will show us the path to transform our current state of dissatisfaction so that we can find peace and true happiness. We have the ability to simplify our lives and to find more meaning and purpose and to develop a deep sense of kindness and compassion towards ourselves and others. Geshe Lobsang Dhondup will guide us through this transformative process, which will include periods of reflection with guided meditation.