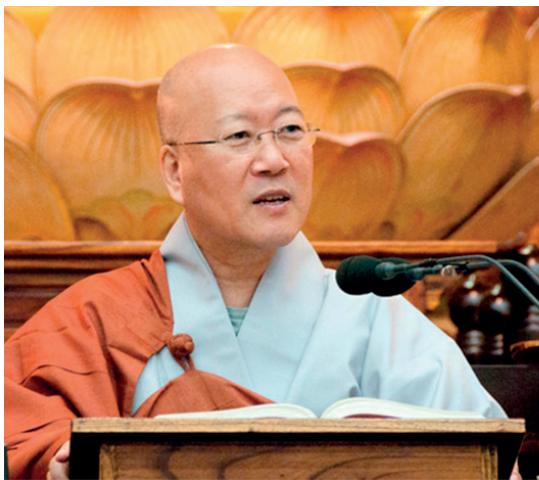


Meditation and Mindfulness

A talk by The Venerable Subul Sunim,
Abbot of Beomeosa Temple, Korea.

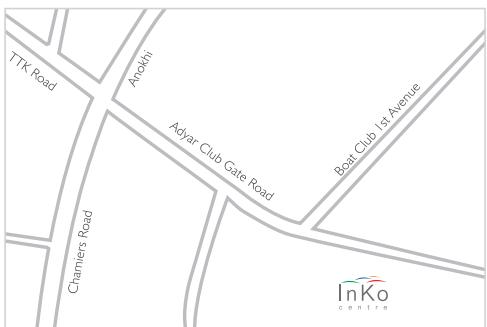


Saturday, 25 July 2015 | 6.30 pm
The Gallery @ InKo Centre,
Chennai



The Venerable Subul Sunim is the Abbot of the Beomeosa Temple of the Jogye Order of Korean Buddhism, the principal Buddhist denomination in Korea.

Abbot Subul Sunim teaches a uniquely Korean Buddhist style of “Zen questioning meditation” (KanhwaSön) which explores the deepest recesses of one’s personal identity and sense of self. This type of meditation, which has been taught in Korea for over 800 years, was traditionally taught only to monks sequestered for years in full-time meditation. During this talk, Abbot Subul Sunim outlines what he means by “questioning meditation” and explains how it could be adapted for lay people, in modern secular society.



* As we do not have parking facilities at our premises, we request all guests to disembark at the gate and call for their vehicles as required, after the programme. Thank you for your understanding.

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