

# ***Mindfulness In Plain English***

**NOVEMBER 1 & 2, 2006**

**Fargo-Moorhead**



*The Venerable Bhante Henepola Gunaratana  
Come and learn from one of the world's  
greatest Buddhist masters and philosophers.*

Venerable Dr. Henepola Gunaratana Mahathera is the founding abbot of the Bhavana Society in West Virginia. He was born in 1927 in Sri Lanka and has been a monk since age 12. He came to the U.S. in 1968 as Honorary General Secretary of the Washington, D.C. Buddhist Vihara, itself the first Theravada Buddhist Vihara (or monk's dwelling) in the U.S., while earning his Ph.D. in Philosophy from the American University. In 1996 he received the title of Chief Sangha Nayaka Thera, which of course acknowledged his status as highest-ranking monk of his sect in both the North and South American continents. Venerable Gunaratana is an internationally recognized author and meditation teacher. His books include *Mindfulness In Plain English* (1994 Wisdom Publication's best seller list). His articles have been published in the U.S.A., Malaysia, India, Sri Lanka, England and France. In 2003, his autobiography, *Journey to Mindfulness*, was published. Venerable Gunaratana continues to write, lead retreats and teach all over the world.

## **WEDNESDAY, NOVEMBER 1**

**7:00 to 8:30 P.M. Spirit Room**

Meditation Instruction and talk about the practice of Insight Meditation

Seating suggested by 6:45. Reception to follow. A free will offering to the teachers is suggested.

## **THURSDAY, NOVEMBER 2**

**9:00 to 10:30 A.M. NDSU**

**Century Theater Student Union,**

Titles of talks: "*Buddhist Mindfulness Meditation: Myths, Realities and Benefits*"

by Venerable Gunaratana

Lecture "*Teachings of the Buddha*"

by Venerable Wimalasara

A questions and answer period will follow.

## **THURSDAY, NOVEMBER 2**

**3:30 to 5:30 P.M. MSUM**

**King Biology Hall Auditorium**

Titles of Talks: "*Vipassana Meditation*"

by Venerable Gunaratana

"*Teachings of the Buddha*"

by Venerable Wimalasara

A question and answer period will follow.

SPIRIT  ROOM

G A L L E R I E S

111 Broadway | Fargo, ND 58102

***For more information call :***

The Spirit Room	701-237-0230
NDSU: Dr. Larry Peterson	701-231-8824
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