

Buddhist Teacher Leads Retreat At Appalachian Dharma & Meditation Center

October 7th & 8th, 2016

The public is invited to participate in a mini Buddhist Retreat offered October 7th & 8th, at the Appalachian Dharma & Meditation Center in Johnson City. The Friday and Saturday talks and instruction will be given by the Venerable Dr. Pannavati Bhikkhuni, an ordained Buddhist monk from Hendersonville, NC, who has given talks at the Center several times over the past few years.

Friday, October 7, from 7-8 pm, the talk is "Cultivating The Buddhist Path." Cultivation is working to increase good karma and working to avoid bad karma. It is increasing good karmic conditions, planting good causes, and reaping good effects. In Buddhism there are eight fundamental right views to cultivation, each one building on the previous one. In this dharma talk we will discuss them and how they lead to liberation from suffering.

Saturday, October 8, is a mini retreat from 10 a.m. to 4 p.m. with a break at noon for lunch. The topic is "Protecting The Heart From A World On Fire." At the very heart of all Buddhist practices, you will find the twin practices of metta and tonglen — the cultivation of universal friendliness and compassion. In these times of increasing polarization and violence, metta and tonglen are powerful antidotes that can literally change our minds. Do we hold too tightly to views that prevent us from opening up? Do we find ourselves insecure, anxious, and inflexible in predictable ways? Do we feel helpless to change? On our meditation cushion, we can safely practice what it would be like to discard these habits that lead to the suffering of ourselves and others.

Ven. Dr. Pannavati, a former Christian pastor, is co-founder and co-Abbot of Embracing-Simplicity Hermitage and meditation center; Co-Director of Heartwood Refuge, a new intentional community, residential retreat and conference center in Hendersonville, NC; and President of The Treasure Human Life Foundation. A black, female Buddhist monk ordained in the Theravada, Chan, and Mahayana traditions, she is an international teacher, an advocate on behalf of disempowered women and youth globally, and insists on equality and respect in Buddhist life for both female monastics and lay sangha. She was a 2008 recipient of the Outstanding Buddhist Women's Award.

Both talks will take place at ADMC, 108 W. 10th Avenue, Suite 3 (lower level) Johnson City, TN 37604. The public may attend one or both events. There is no fee but a suggested donation of \$20 is requested. All dāna (selfless giving) will be for the teacher to offset her expenses and contribute to her efforts. For more information contact mail@dharma4et.org.