



## Buddhist Discussion Centre (Upwey) Ltd.

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World Fellowship of Buddhists Regional Centre  
Associated Institution of the World Buddhist University

### Calming Your Mind for a Better Life

Today's modern world often gives rise to dissatisfaction, irritation, anger and stress. It can appear that immediately after solving one problem, there is another to prevent us from achieving peace.

Our busy lifestyles often don't allow much time for us to develop a sense of inner calm and tranquillity.

Achieving a sense of lasting inner peace can be challenging. It often appears just over the horizon if only we can get that dream job, beautiful house or loving relationship. Buddhism teaches that it is only by turning our attention to our inner lives that we can develop a tranquil mind and experience a calmer life.

In our nine week course entitled 'Calming Your Mind for a Better Life' we will explain how attain brighter mental states and a more fulfilling life through the Buddhist practises of loving kindness and integrity. Developing loving kindness (metta) is the direct antidote to many mental disturbances and gives us a more positive foundation. It leads to practising integrity as a means of being harmless to ourselves and the world around us.

The Classes will commence on Saturday the 6<sup>th</sup> of April 2019 and run until the 15<sup>th</sup> of June. Each session will be from 2 – 4pm and they are free of charge.

For further information, please email Simon at [wbu@bdcu.org.au](mailto:wbu@bdcu.org.au).

MAY YOU BE WELL AND HAPPY

You are welcome to visit our Websites:

[www.bdcu.org.au](http://www.bdcu.org.au) - [www.edharma.org](http://www.edharma.org) - [www.worldbuddhistradio.org](http://www.worldbuddhistradio.org)