

Practical Benefits of Loving Kindness

Dhamma talk on *mettha*, guided meditation on loving kindness and a discussion

With Venerable Bhante Y. Wimala



"There is a deep yearning within all of us to experience love, to love and to be loved.

Buddha taught us *Mettha*, or loving kindness meditation that can be used as a tool to nurture the loving nature within us.

Love can never hurt us. If it hurts it is not love. Love can only heal us and nurture us."

Time : 3pm to 4.30pm
Date : Sunday April 22, 2012.
Venue : Nairobi Buddhist Temple
Phone : +254 786 573 846

We will be celebrating Vesak, the day of enlightenment on the 6th of May at the Nairobi Buddhist temple. The program will be sent to you soon.

Read more about Bhante's teaching and work.

www.bhantewimala.com