

Clive Holmes

Giving up Suffering

Sunday 21 February 2010

11.00am - 4.00pm

To live happy and useful lives we need to dwell in these four immeasurables. These are limitless love, compassion, joy and inner peacefulness. Better than living in a 5-star hotel is to dwell in these four. Following on from the first day, this course will go deeper into compassion, the skill in being free of unnecessary suffering. Exercises will be given.

Although the suggested donation for everyone attending this teaching is £20.00 we don't wish it to be a barrier to your attendance .. please come along and offer what you can afford

For more information, or to book YOUR place on this teaching please contact Jacqueline on 07817 229 771 or email admin@ksdglasgow.org

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