

Transforming Anger into Loving-Kindness



In today's troubled world, where social unrests have become increasingly common, there is an urgent need for us to examine and understand what it actually means to have a peaceful and happy life. Is it even possible?

Join us as Venerable Ajahn Chandako, a Buddhist monk, comes to campus and highlight the ways on how we as individuals could initiate peace and resolve conflicts by transforming anger into its gentler counterpart, loving-kindness.

After the talk, there will be a chance to ask Ajahn Chandako any questions you may have in mind and a casual meditation session will follow.

All are welcome.

Time: 6 – 7.30pm

Date: Friday 14th September 07

**Venue: Graham Hill Lecture Theatre, Level 12,
Auckland Hospital Support Building, Park
Road, Grafton. (please take lift bank C)**

Transforming Anger into Loving Kindness
*Friday, 14th Sept 07 * 6-7:30pm
Graham Hill Lecture Theatre, Lvl 12,
Akl Hospital Support Bldg, Park Rd, Grafton.
aklubs@gmail.com

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