



Bodhisattva Path



Explore Bodhisattva Qualities

A Half-Day of Mindfulness Practices
enhancing our connection with all that nourishes us.

Saturday, November 19, 2022, 8:00 am to Noon

Online via Zoom

(please see second page for connection links & more details)

Practices will include Silent Sitting Meditation, & Guided Meditation,
Dharma Study,
Speaking and Listening in peaceful harmony.

Participants:

Please commit to any or all of the two sessions being offered:

8:00 – 9:30 Morning Chant Silent Sitting Meditation & Guided Meditation

9:30 – Noon Dharma Talks, Discussions

Please prepare your practice space to be as serene as possible.

Smiling with knowledge that dogs will bark, phones will ring, family/friends may interrupt. Such is the nature of online mindfulness practice

with Dharmacharyas and OI of the Plum Village Community of Engaged Buddhism



Ven. Thích Từ Lực



True Silent Forest



True Deep Wisdom



True Action Dwelling

Zoom Connection Information

Topic: Bodhisattva Path / Explore Bodhisattva Qualities

Time: November 19, 2022, 7:45 am (Pacific Time)

Join Zoom Meeting:

<https://tinyurl.com/ycx4smec>

Information for Sessions*

7:45 - 9:30 "Morning Chant Silent Sitting Meditation, Guided Meditation"

Sitting formally begins at 8:00 am.

Zoom gathering begins at 7:45 so that participants may settle in before we start.

9:30 - Noon "Dharma Talks, Discussions" with a Break at 10:00 am

Dharma Talks: "Bodhisattva Path / Explore Bodhisattva Qualities"

Discussions follow talks, including Breakout Rooms.

Closing of the day.

* Please appreciate that sessions will be molded to best serve those in attendance.

Please E-Mail or Call

if you have questions regarding this day:

PhoTriDOM@gmail.com , 925-708-8662

Future DOMs: 2023 TBD