



Buddhism and Contemporary Society Program

Funded by The Tung Lin Kok Yuen Canada Foundation

Dr. Paul R. Fleischman

Vipassana Meditation: A Practice and a Path

THURSDAY, SEPTEMBER 29, 2011 | 7:00 - 8:30pm

First Nations Longhouse | 1985 West Mall, UBC Point Grey Campus

Vipassana meditation is based upon the preserved words of the Buddha, and also upon the lineage of teacher to teacher transmission. As a meditation practice, Vipassana starts with ethical values, and proceeds through observation of the impermanent nature of the sensations upon which the sense of self rests. As a Path, Vipassana is a life long communion with deep realities and with fellow practitioners around the globe.

Lectures are free and open to the public. Seating will be on a first-come first-serve basis. Doors will open 30 minutes prior to the lecture.

Dr. Paul R. Fleischman was trained in psychiatry at Yale University and had a psychiatric practice for thirty years. He took his first course on Vipassana Meditation with S.N. Goenka in 1974. Along with his wife, Susan, he was appointed Vipassana Teacher responsible for Outreach in the West under the guidance of S.N. Goenka. He is the author of *The Healing Spirit*, *Karma and Chaos*, *Cultivating Inner Peace*, and *An Ancient Path*. He has also written numerous books of prose and poetry.

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