

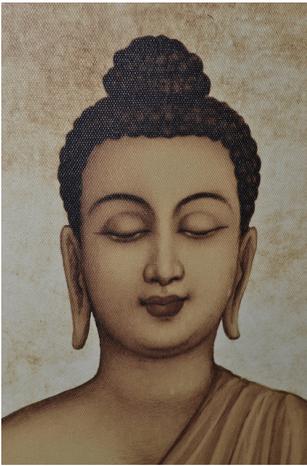
THE ABHIDHAMMA

A Practice-Study Daylong on Buddhist Psychology with Jeff Hardin

Saturday, July 13, 2013, 9:00 am to 4:30 pm

at

the Unitarian Universalist Fellowship of Stanislaus County
in the Sarana Kuti
2172 Kiernan Ave., Modesto, CA



The Abhidhamma is perhaps humanity's most precise and detailed system for understanding human thought and behavior. Found in the third basket of teachings of the Pali Canon, it describes physical and mental experience in minute detail and on the momentary level. The constituent parts of reality are analyzed and their diverse conditions and interactions are elucidated. More than mere theory, however, the Abhidhamma provides the meditator with a sophisticated yet clear map for dissecting momentary experience and realizing liberating insights into the nature of reality.

During this study-practice daylong we will look at the history, theory and practice of the Abhidhamma. Didactic, discussion and guided meditation sessions will be integrated in order to explore the deeper meanings and movements of the mind and to provide a framework for working with Buddhist psychology in one's own meditation practice and life. Please join us for an interesting and thought-provoking retreat.

Jeff Hardin has been practicing meditation since 2000. His areas of interest are participating in residential meditation retreats, studying the original discourses of the Buddha (the Pali suttas), and providing international humanitarian relief work. He is on the board of the *Sati Center for Buddhist Studies*, a volunteer for *Buddhist Global Relief*, and a founder of *Insight World Aid*. He is a graduate of the Spirit Rock Community Dharma Leaders program and a Sacramento Insight Meditation community mentor. His supervising teachers are John Travis and Gil Fronsdal. Jeff is an emergency room physician in the Sacramento area.

This day is freely offered to all. Donations are gratefully accepted to support the teacher and future offerings. Please bring a vegetarian potluck dish to share for lunch, if you would like. For the sake of those who may have sensitivities or allergies, please do not wear scented or perfumed products. If you have a meditation cushion, please bring it. Chairs will be available. Suitable for all-levels of practitioners.

Sarana Kuti is the small stand-alone building on the UUFSC property at the rear of the east parking lot (the building with red and gold trim). It is behind the Johnson Building.

For additional information, please contact Lori Wong at 209-343-2748
or visit <http://imcv.org>