

Walk like a Buddha

Even when your job is unsatisfying,
your personal life is unsatisfactory and
your social life is out of control.

**Wednesday, January 15, 2014
6-8 p.m.**

Lincoln Park Student Center, Room 325

How can I be the person I want to be when my job is unfulfilling?

Is it OK to be spiritual even if I am in a romantic relationship that is not exclusive?

Can I practice Buddhism and wear really cool hats?

Join author and Shambhala Buddhist practitioner Lodro Rinzler for a frank discussion on Buddhism. Learn how meditation can inform the details of daily life, such as going out with friends, disappointing dates and work-related stress. Learn how you can apply meditation to realize your goal of producing societal change.

This is a new way to bring meditation practice off the meditation cushion and create the change we want to see in the world.

SPEAKER

Lodro Rinzler

