Taking the Bull by the Horns
a day-long workshop led by
Venerable Dhammadinna
Saturday
June 15, 2013 10:30 a.m. – 4:00 p.m.

Sometimes we are faced with the necessity of engaging in a difficult conversation. Tempers tend to run high, so we would like to avoid it. But, if we don’t open up the conflict an unresolved situation may have a lot of repercussions for us. Both sides are touchy. Blame and defensiveness wreak havoc. There are consequences.

In this workshop we’ll have a look at the Buddha’s teachings on Wise Speech. We’ll learn to identify and be mindful of the patterns that derail discussions. We’ll see how wise reflection sets us up with a clear motivation to seek mutual benefit and protect each other’s safety in the dialogue. There will be talks, guided meditations, and small group discussions.

The workshop is offered freely.
There will be an opportunity to offer dana to the teacher. Dana in support of the Sangha is also gratefully appreciated.

Sponsored by the Albuquerque Vipassana Sangha:
The workshop will be held in the Chapel at the Norbertine Community,
5825 Coors Blvd., SW.

Venerable Dhammadinna took robes in 1983 in the Theravadin tradition after earning a science degree at U. Mass. She then moved to Burma with her teacher and remained in Asia for 21 years, studying with U Pandita Sayadaw and Ajahn Buddhadasa, among others, walking daily alms rounds, living a simple, monastic life and meditating in the forests and temples of Burma and Thailand.

Over the past two decades, Ven. Dhammadinna has taught Buddhism and led meditation retreats at Suan Mokkh in South Thailand as well as in England, India, and the US. In 2000 she was sent by her Burmese master to Dharamsala to privately study with His Holiness the Dalai Lama. In 2003 Ven. Dhammadinna took ordination in the Tibetan tradition with His Holiness, and at His request, received bhikshuni ordination in Taiwan. Ven. Dhammadinna currently lives in Seattle, WA where she serves as a resident Teacher at Bodhiheart Sangha.