

MASTER YOUR MIND
A Four-Week Series with Eric Kolvig, Ph.D.

Thursdays at 6:30, March 4, 11, 18, and 25
Wat Buddhasothorn at Madison and Copper SE

"With our minds," the Buddha said, *"we make the world."* That is why the Buddha invites you to master your mind: so that you can master your life and your world.

It's not easy, but it can be done.

In this four-week, integrated series of meetings, we will explore how our bodies can be our allies as we master our minds. We will practice together how to master both the hard stuff in our minds and also what is beautiful in them. Most important, we will investigate together how to master reality – to flow with the truth instead of resisting it.

It is better to master yourself
Than to win a thousand battles.

Then the victory is yours.

It cannot be taken from you,
Not by angels or by demons,
Heaven or hell.

--The Buddha
Dhammapada