

**“my religion
is kindness”**

(the dalai lama)

**living ethically in the 21st century:
an introduction to buddhism and meditation**

tuesdays, 7.30pm

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**“those that know that life
is short
compose their quarrels”**

(the buddha)

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**“our life
is shaped
by our mind”**

(the buddha)

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**“we become
what
we think”**

(the buddha)

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“when **useless** things
do not **clutter** your mind,
you’ll have the best days
of your life”

(the zen poet ryokan)

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“a trained mind
brings
health and happiness”

(the buddha)

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