LAM RIM BRISTOL BUDDHIST CENTRE

Non-Self in the Buddhist Tradition

Exploring Selflessness

Suitable for those with some familiarity with Buddhism

Saturday 1st August
10.00am – 4.30pm

Simon Houlton

This is third in a series of seminars exploring selflessness in the Buddhist tradition.

The Buddhist tenet systems are like a ladder that leads us step by step to the highest views. If we wish to understand the higher school's presentation of the self, it is essential to understand the basic building blocks of the earlier tenet systems, and equally essential to relate these to the experience of our own lives.

The day will focus mainly on presentations from the *Sautrāntika* tenet system with special focus on their explanation of subtle impermanence and non-self. The seminars involve open and critical analysis and lively debate of the topics, combined with some meditative reflection. All are welcome and prior attendance of early seminars is not required, but this is a technical subject so there will necessarily be a strong component of debate and philosophy throughout the day.

Simon Houlton

Simon Houlton has spent the last 30 years living in Asia, mostly in India, pursuing Buddhist studies. His teachers include Trisur Rinpoche Lobsang Nyima and Khyongla Rato Rinpoche. He has been a student of Geshe Damcho Yonten since 1995 and associated with the Lam Rim Centres since then. He graduated from the Rime Geshe programme at The Institute of Buddhist Dialectics in Dharamsala in 2022. He currently interprets for Serkong Tsenshab Rinpoche.

There will be tea and coffee in the breaks, and we will provide a simple lunch, although people are welcome to bring food to contribute to the lunch.

Suggested donation £10/£5 waged/unwaged per day

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