LAM RIM BRISTOL BUDDHIST CENTRE

Buddhism & Modern Science

Wed 15th July 7:00pm

Geshe Dorji Damdul

Science mainly deals with the external world through observation, measurement, and experiment. Buddhism focuses on the inner world – our mind, emotions, and consciousness. Both encourage us to question and to analyse.

In Buddhism, we study suffering and how to overcome it. We can look inside and check for ourselves the truth of what the Buddha said. It leads to a more peaceful and meaningful life.

In Science, the scope to check all the theories and evidence for ourselves is limited. We can only check whether what we are told makes sense. What aspects of scientific enquiry can direct us more reliably to greater peace?

Ven. Geshe Dorji Damdul is a distinguished Buddhist scholar and the Director of Tibet House in New Delhi. He has a Ph.D. in Buddhist philosophy and has served as the official translator for His Holiness the Dalai Lama since 2005.

Suggested donation: £5

Main Hall, Lam Rim Bristol Buddhist Centre,
12 Victoria Place, Bedminster, Bristol BS3 3BP
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Lam Rim Buddhist Centre, Wales

How Did The Buddha See Things?

with Geshe Dorji Damdul

16th – 19th July

3 nights, residential retreat, onsite

Geshe la will weave together four basic strands of Buddha's way of seeing things, his insights into the way things are. Our appreciation of them will make our lives meaningful. They give us a grounding and a starting point for the path to make the most of this life's opportunity. We slow down and feel how impermanent life is. We choose wisely between what leads to dissatisfaction and frustration and what brings stability, buoyant states of mind and creativity. We tune into Buddha's precious teachings on ultimate truth, dependent arising and selflessness, and approach a little closer to the final states of surpassing peace, along the way loosening grasping, reducing suffering, and opening the heart to compassion.

Suggested donation: please see website

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