

Betsuin Dharma Discussion:

Happiness in Mindfulness

-- Essence of *Shoshinge*

Join for six discussion sessions on Shoshinge in February-April, 2015

Instructor: Rimban Tatsuo Muneto

Happiness is a secular value in Buddhism; it is not goal of Buddhist life. But it is a necessary ingredient in Shin Buddhist life. Happiness derives from one's "joy" of being sustained by the Infinite Light (Wisdom) and the Immeasurable Life (Compassion).

Shinran Shonin explains how joy arises in our mind and heart in his text, Shoshinge. We will discuss how, as part of Jodo Shin ethics, we can help ourselves and others to attain happiness out of gratitude.

Join us for the six-week session on Happiness in Mindfulness – Essence of Shoshinge. We will find out how the Dalai Lama, Thich Nhat Hanh, Gyomay Kubose, Takamaro Shigaraki and other Shin teachers taught about happiness.

The sessions will be held on Friday February 27, March 6, 13, 20, 27, and April 3 at Annex Temple of Hawaii Betsuin from 7:00 to 8:15 p.m. Text and reading materials will be provided before the sessions start. This program is sponsored by Hawaii Betsuin Buddhist Education Committee.

To register, please return the following form to the Betsuin Business Office by February 17, 2015.

Registration Form

Happiness in Mindfulness – Essence of *Shoshinge*

February 27, March 6, 13, 20, 27, and April 3, 2015

7:00-8:15 pm at Annex Temple, Hawaii Betsuin

1727 Pali Highway, Honolulu, HI 96813

Name _____

Email Address _____

Phone _____

Registration Fee: \$10

(Make check payable to Honpa Hongwanji Hawaii Betsuin)