

Basics of Buddhism
By Jamie van Dam

Two thousand five hundred years ago, the Buddha set out to solve a fundamental human problem. This fundamental problem is emotional suffering that causes harm to oneself and others. What the Buddha discovered was freedom from this suffering and that this was not only possible but there is a clear path for achieving this freedom. Essentially the path is the application of loving kindness and awareness.

Mark Webber (Lama Yongdu) is a teacher in this Buddhist tradition and will be giving teachings on the Basics of Buddhism and meditation. Lama Yongdu has about thirty years of experience studying and teaching Buddhist meditation and brings to the teaching a rich professional background unifying eastern and western practices with art and science. Mark teaches internationally and we are fortunate to have him in the Kootenays for three months teaching and guiding meditation.