



CHOOSE HAPPINESS

A BUDDHIST APPROACH TO LIFE

Meditation Workshop | Sun 6 Sep | CDU
Gen Kelsang Rabten | meditateindarwin.org

Do you ever feel as though you are moving through life searching for something more? We often look for happiness in the next achievement, the next relationship, the next exciting experience. Yet even when we get what we want, the feeling rarely lasts.

According to Buddha's timeless wisdom, happiness is not something we find outside ourselves. Happiness is a state of mind. When our mind is peaceful, we are happy. When it is not, we are not. It is as simple as that.

In this inspiring course, you will learn:

- Why external conditions alone can never give us lasting happiness
- How to cultivate inner peace through meditation and positive thinking
- Practical methods to reduce anxiety, frustration and dissatisfaction
- How to develop a more joyful and resilient approach to life

By training our mind, we can choose happiness every day, no matter what challenges arise. These teachings are easy to understand and apply, whether you are new to meditation or have been practicing for years.

Join us and discover the freedom and joy that come from creating happiness within.



Gen Kelsang Rabten is the Resident Teacher of KMC Australia and KMC Melbourne. Ordained in 1994, he has studied under the guidance of Venerable Geshe Kelsang Gyatso Rinpoche for over 30 years. Gen Rabten embodies the modern Kadampa way of life and shares Buddha's teachings with warmth and joy.

Date & Time: Sunday 6 September | 10.30am - 3.15pm (registration 10-10.25am) | **Fee:** \$80 | Free for members

Timetable: Session one: 10.30-11.30am | Session two: 12-1pm | Session three: 2.15-3.15pm

Address: Charles Darwin University : Casuarina- Blue 05.1.01

Booking: scan the QR code below or see: meditateindarwin.org



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