

BEYOND MINDFULNESS

Talk by Jack Petranker

Sunday, August 20th, 19:30 - 21:00

There is strong interest everywhere in the practice of mindfulness. Scientific evidence suggests that such practice can be an effective way to deal with stress, anxiety, and many other problems people face. At the same time, it has been criticized as a simplification or even distortion of Buddhist teachings.

In this talk, visiting teacher Jack Petranker explores the benefits and limitations of mindfulness as it is being practiced today. He compares it to traditional Buddhist practice, and he introduces a radical new way to turn the practice of mindfulness into a method for breaking through our limits and letting go of our problems.

Free admission

Please register by e-mail: nyingmacentrum@nyingma.nl. Thank you.

Livestream available: details on nyingma.nl/agenda.

Following the talk, Jack will teach a 6-day **Full Presence Mindfulness retreat** in Amsterdam.



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Full Presence Mindfulness retreat

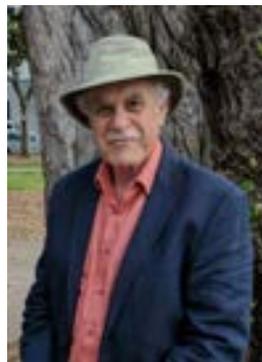
Monday, August 21st - Saturday, August 26th
in Nyingma Center Amsterdam

Can each moment be meaningful? How can you be more fully alive? Who is being mindful? How can you awaken a deeper, embodied knowing? What's beneath all the stories you tell and the judgments you make?

Full Presence Mindfulness explores fundamental questions like these. It builds on the practice of mindfulness but takes it deeper. Through simple practices such as working with the breath, activating the senses, and letting go of thoughts, it shows how to open to a richer and more joyful life.

Limited availability. Please register soon.

Details on nyingma.nl/agenda



Jack Petranker

is Director of Center for Creative Inquiry and Mangalam Research Center and former Dean of the Tibetan Nyingma Institute. A student of Tarthang Tulku since 1980, he holds degrees from Stanford, Yale, and University of California, Berkeley, and is author of *When It Rains, Does Space Get Wet?*

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