

# INTERVARSITY PUBLIC TALK

## September 18, 2013

**MINDFULNESS** is the energy of being aware and awake to the present moment. To be mindful is to be truly alive. **MEDITATION** is a tool for a mindful life which renders life more beautiful, and enriched with a sense of the profound. THICH NHAT HANH (aka Thay) has been a pioneer in communicating the teachings of the Buddha on mindfulness.

Join us to hear Brother **PHAP KHAM**, student of Thay and director of the Asian Institute of Applied Buddhism in Hong Kong, together with Brother Phap Dung and the Nuns from Nhap Luu Meditation Centre (Victoria), share their insights on the art of being still.

### **VENUE:**

*International Student Lounge,  
Level 4, Wentworth Building, G01  
The University of Sydney.*

### **TIME:**

*6:30pm arrival & refreshments  
7:00-9:00pm talk, meditation, Q&A*

### **RSVP CONTACTS:**

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*COST: By generous donation*



Be still  
and  
know