



British Mahabodhi Society
in association with
London Buddhist Vihara



a Seminar on

Mindfulness

Saturday 20 October 2018

London Buddhist Vihara
The Avenue, London W4 1UD

SPEAKERS

Ajhan Amaro

Ven. Ajahn Amaro (Jeremy Horner) was awarded a B.Sc. in Psychology and Physiology by the University of London. He ordained in 1979. He served as a Bhikkhu in England at Chithurst, Amaravati and Harnham Monasteries for several years. In 1996 he together with Ajahn Pasanno established the Abhayagiri Monastery in the Redwood Valley California. They were Co Abbots until 2010 when Ajahn Amaro was appointed as Abbot of Amaravati Buddhist Monastery in Great Gadsden, Hertfordshire.

Ajahn Amaro has written a number of books, including an account of a 830-mile trek from Chithurst to Harnham Vihara called Tudong – The Long Road North, republished in the expanded book Silent Rain. His other publications include Small Boat, Great Mountain (2003), Rain on the Nile (2009) and The Island – An Anthology of the Buddha's Teachings on Nibbana (2009) co-written with Ajahn Pasanno, a guide to meditation called Finding the Missing Peace and other works dealing with various aspects of Buddhism.

Ven. Kovida

A pupil of the late Most Ven. Balangoda Anandamaitreya, a renowned scholar, teacher, and meditation practitioner. Since then, he has been travelling and sharing the Dhamma in several countries and across Canada.

Bhante Kovida has worked tirelessly in introducing techniques of mindfulness, meditation, chi gong and hatha yoga as an effective tool in dealing with emotional stress, anxiety and depression and has conducted retreats and sessions across Canada and many other nations the world over.

Dr. Desmond Biddulph, CBE

Chairman of The Buddhist Society which was founded in 1924. He is a practising Psychotherapist specialising in Jungian Analysis and is a member of the Society of Analytical Psychology. He and his wife Darcy co authored The Teachings of the Buddha: The Wisdom of the Dharma from the Pali Canon to the Sutras. Other books include 1001 Pearls of Buddha's Wisdom and Eternal Moments: Teachings of the Buddha.

He also started the Buddhist Society Chaplaincy to support the training of Buddhist Chaplains for services to Schools, Universities, Hospitals, Prisons and Communities. He is a member of the Jerusalem Article 18 Group and contributes to the Upper House Committees to promote cohesion of religious and ethnic communities. He was awarded the CBE in 2017 for services to Interfaith Relations in the UK.

Prof. Geoffrey Hunt

Founder of 'New Buddha Way' and is the Buddhist Chaplain for the University of Surrey, Author of the three-volume manual 'New Buddha Way'. He also leads retreats, conducts funeral services, and teaches the Buddha Dharma in local schools. Professor Hunt retired as a Professor of Ethics from the University of Surrey in 2008. He is now the Professor of Philosophy at St Mary's University College, Twickenham.

PROGRAMME

- 1.45pm - **Delegates and Participants arrive**
- 2.00pm - **Inauguration of Seminar and Opening Address**
Ven. Bogoda Seelawimala *Head Monk of London Buddhist Vihara*
- Introduction of Speakers by Ven. Tawalama Bandula**
- 2.10pm - **Mindfulness and Precepts**
Ven. Ajahn Amaro
- 2.45pm - **Mindfulness and Non Duality. The Benefits of Non Reactivity.**
Ven. Kovida
- 3.20pm - **Mindfulness and Common Psychiatric Disorders, Anxiety, Depression, Borderline Personality, Post Traumatic Stress Disorder and Insomnia.**
Dr. Desmond Biddulph
- 3.55pm - **Mindfulness and “Awareness”**
Dr. Geoffrey Hunt
- 4.30pm - **Tea Break**
- 5.00pm - **Discussion**
Moderated by Ven. Bhante Pannawamsa
- 6.00pm - **Vote of Thanks**
Ven. Kalugamuwe Kassapa