

Bhante Kovida

Buddhist monk of the Theravada (Sri Lankan) tradition

Buddhism and Mindfulness

I'll be giving a general overview of Buddhism... a brief background of Siddhartha Gautama's life and Awakening, the Four Noble Truths, his unique way of teaching, the Kalama Sutta, our mental defilements and the benefits of the Dharma in modern society. Also, about the nature of mindfulness, the different types of practices and their benefits, and how to apply mindfulness in daily life in overcoming mental-emotional suffering and conflicts.