

# Know Thyself

Organised by:



**Date :** Sunday, 21<sup>st</sup> January 2018 **Time :** 7:30 pm - 9:00 pm **Venue:** The Pure Life Society, Jalan Puchong, Kuala Lumpur



Who am I? What am I? What is my true identity? How do thoughts come and go? How can I control them? How do my thoughts and feelings interact with the body? How do I make my mind powerful? Why do we experience emotions, feelings, tension and stress? How does one develop behavioural patterns, traits etc., and how to change them? How do I lead a life of peace and bliss?

These are some of the areas that will be covered during the talk on "Knowing Thyself"

## Speaker:

Vijaya Samarawickrama obtained a Bachelor of Arts degree in English from Universiti Malaya, a Master of Arts degree in Drama and Theatre from the University of Hawaii, and a Teaching Certificate from the University of Liverpool.

Vijaya is a prominent figure in Buddhist circles, giving more than 100 talks in Universities, schools and Dhamma centres each year for the last five decades. Besides being the Patron of the Sasana Abhiwurdhi Wardhana Society, Kuala Lumpur, he is also the Chairmman of Nalanda Institute's Education team. He has represented Malaysia in numerous Buddhist conventions and conferences, both locally and abroad. He has also given numerous inspiring dhamma talks throughout Malaysia, in Singapore and Australia.



**Vijaya Samarawickrama**

**REGISTRATION FREE**

*For more information please contact:*

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