



How to Empower Your Mind

with Bhante Sujatha

**Friday March 2nd
7–9 p.m.**

\$20 for Members
\$30 for Guests

*All proceeds go to the annual incubator project

Rumi says “what you seek is seeking you”... perhaps it’s true. The evidence of the power of our minds is undeniable.. The ancient texts of the Buddha tell us that no external condition can be the cause of our happiness, only the mind has that ability. When people understand how they are influenced, the root causes of struggle and what we can do with our minds to make things better, sustainable happiness and radiant joy are the result. My life as a Buddhist monk has given me a front row seat to incredible transformation within so many people as I teach them how to empower the mind and cultivate the qualities that will help you find strength and happiness, as well as give you a burning desire to add more love to the world. When we understand our mind, we begin to re-shape our behavior and feelings about so many things...it’s the most loving act of service one can do for themselves and the world.

Benefits of Meditation:

- Reduced stress and anxiety
- Inner peace
- Empowerment over challenging issues in your life
- Finding your center
- Awakening to the blessings of the present moment
- Attaining unshakable inner peace

A Buddhist monk originally from Sri Lanka, Bhante Sujatha is singularly focused on adding more love in the world and teaching people how to be happy. Joyful, radiant, funny and wildly energetic, Bhante will help you obtain peace that can only be found in deep silence. He is the head monk/abbot of the Blue Lotus Buddhist Temple and Meditation Center in Woodstock, IL.