



Meditation

and teachings

Dharmata Foundation
presents an event with
Anam Thubten

An evening with Anam Thubten

Machias, Maine
October 6, 2023

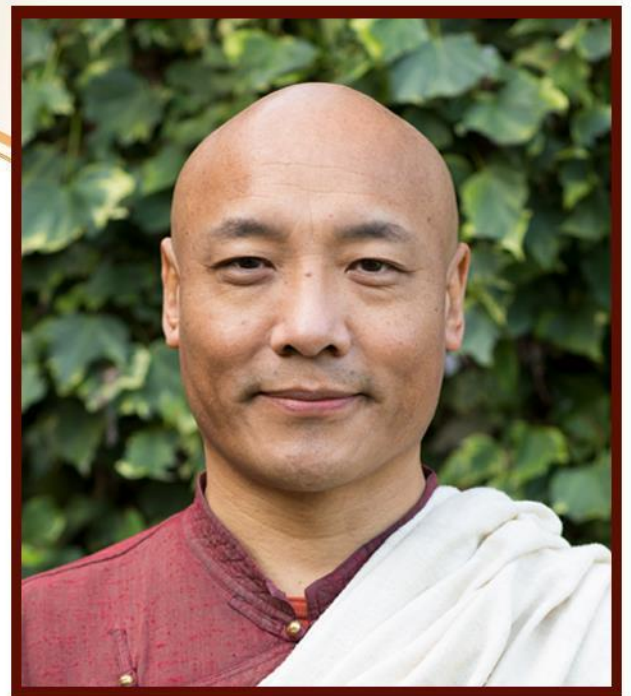
There are three important aspects of meditation: mindful attention, open awareness and lovingkindness. By practicing these, we can let go of negative mental patterns and expand our heart and mind, bringing about joy, peace and inner freedom. Anam Thubten will teach and guide participants in developing these three aspects of meditation and share Buddhist wisdom on working with our thoughts and emotions.

Location: UMaine Machias Performing Arts Center at Powers Hall, 116 O'Brien Ave, Machias, ME 04654

Schedule: 7:00 pm, Friday, Oct. 6

Suggested Donation: \$10–\$15 (no one turned away for lack of funds)

To register, contact: info@thewholehealthcenter.org



Anam Thubten grew up in Tibet and at an early age began to practice in the Nyingma lineage of Tibetan Buddhism. He currently resides in the San Francisco Bay Area. He is the founder and spiritual advisor of Dharmata Foundation, teaching widely in the US, Europe and Asia. He is the author of several books, including Embracing Each Moment, No Self, No Problem, and The Magic of Awareness. Through sharing his wisdom and personal experience on the spiritual path, Anam Thubten brings alive the timeless teachings of Buddhism.