

# FRIDAY NIGHT SPEAKERS AT DHAMMALOKA IN SEPTEMBER & OCTOBER 2020

## Friday September 11<sup>th</sup>

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Cecilia Mitra: *Opens Like a Flower Cut it with a Knife – A Buddhist Mother’s Journey through loss and grief.*

Our most difficult moments are our best teachers; for it is only when we encounter life-shattering moments, that we can see things as they truly are. But only if we become awakened by the tragedy and pick ourselves up – realising that we ourselves must make the effort to walk the path.

*Cecilia has authored a book – Opens Like a Flower Cut it with a Knife – A Buddhist Mother’s Journey through Grief and will share her journey with you.*



## Friday September 18<sup>th</sup>

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Dr Richard Yin: *Activism with Head and Heart*



“For to be free is not merely to cast off one’s chains but to live in a way that respects and enhances the freedom of others.” Nelson Mandela

This talk will be a practical session on approaching activism with both our intellect but also with our hearts, understanding that this work is challenging and demands that we give due attention to the need to care for ourselves and others if we are to avoid burnout.

Dr Richard Yin is a GP and national secretary of Doctors for the Environment Australia (DEA).

## Friday September 25<sup>th</sup> \*COMMUNITY NIGHT\*

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Our final community night will entail a screening of the magical, inspiring and potentially life changing documentary **Finding Joe**, by film maker Patrick Takaya Solomon. **Doors will open from 7pm with soup and nibbles. Our usual meditation will be at 7.30pm and the screening will commence at 8pm.**

## Friday October 2<sup>nd</sup>

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Shaun Nannup: *Stories from Noongar Country*

Shaun Nannup is a Whadjuk Nyoongar man and Aboriginal elder. He is passionate community leader and master storyteller who is a strong advocate for keeping his culture alive and passing on the ways of his ancestors. Shaun conveys his message through the art of storytelling which always makes for an inspiring, engaging and moving night. *Coming of the Sun* is a continuation of the Noongar story of the Carers of Everything. A story which encompasses care, respect, values, a sense of belonging and place.



**MORE INFORMATION CAN BE FOUND ON THE WEBSITE [www.bswa.org](http://www.bswa.org)**