



# Ajahn Brahmali



UK Tour  
10-24 May 2023

**Wed 10 May**  
**Talk - London**  
*Buddhist Wisdom for Unwise Times*

**Thu 11 May**  
**Day Retreat - Selsdon, Surrey**  
*Learning Meditation from the Buddha*

**Fri 12 May**  
**Talk - London**  
*Awakening 101*

**Sat 13 - Sat 20 May**  
**8-Day Retreat - Derbyshire**  
*Breath by Breath to Awakening*

**Sat 20 May**  
**Talk - Sheffield**  
*How to Love Like a Buddha*

**Sun 21 May**  
**Talk - Oxford**  
*Wise Perspective*

**Mon 22 May**  
**Debate - Oxford**  
*Two Buddhist Nuns & a Monk Discuss the Buddha's Views on Women & Gender*

**Tue 23 May**  
**Day Retreat - London**  
*Perceiving Like a Buddha*

**Wed 24 May**  
**Talk - Bristol**  
*The Superpower of Patience*

Register at [anukampaproject.org/events](http://anukampaproject.org/events)



# Awakening 101

Dhamma Talk by Ajahn Brahmali

*Fri 12 May, 6.45 - 8.30pm*

*Kagyü Samye Dzong*

*Bermondsey, London*

## **Awakening is the goal of Buddhist practice, but what is it exactly?**

And is it possible to tell whether someone has reached a stage of awakening or not? Luckily for us, the Buddha was surprisingly clear about the nature of awakening and its effect on the people who achieve it.

Join us for this talk to learn what the Buddha actually said about awakening, as recorded in the early discourses.

Join us to learn what awakening is, how to recognize it, and how not to get bamboozled by fake gurus!



## **About Ajahn Brahmali**

Renowned meditation teacher Ajahn Brahmali is visiting England to lead his second meditation retreat & give an exciting series of Dhamma talks!

A close disciple of Ajahn Brahm, Ajahn Brahmali is known for his joyful teaching style and incredible understanding of the Early Buddhist Texts. His talks bring the Buddha's teachings to life in ways that we can readily apply, to help us find more happiness and peace in our lives.

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# How to Love Like a Buddha

Dhamma Talk by Ajahn Brahmali

Sat 20 May, 6.45 - 8.30pm  
Sheffield Quakers, Sheffield

**The Buddha said that anyone who cultivates a mind of love for even as long as a fingersnap is on the right path.**

The cultivation of love, also known as metta or loving-kindness, is not only a path to healing our relationship to ourselves and others, but also a path to the deepest states of meditation and awakening itself.

Join us if you're curious about learning how to love like a Buddha.



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# Two Buddhist Nuns & a Monk Discuss the Buddha's Views on Women & Gender

Debate by Ajahn Brahmali, Venerable Canda and  
Guest Bhikkhuni

*Mon 22 May, 7 - 8.30pm  
Leonard Wolfson Auditorium,  
Oxford*

**Join Ajahn Brahmali, Venerable Canda and a guest bhikkhuni for this thought-provoking debate, including the seeming paradox between women & gender, and non-self.**

Hear from experts in the field as they explore and analyze the historical context and teachings of the Buddha on this important topic. Gain a deeper understanding of the role of women in Buddhism and learn about contemporary perspectives on gender and equality. This event promises to be an enlightening and stimulating discussion. Don't miss out on the chance to engage in this important dialogue and expand your understanding of this fascinating topic!



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