



**Genuine Peace and Happiness are Possible, Here... and Now.
Come find out how.**

Share Timeless Buddhist Wisdom with Hazlitt



Mon, May 10 — 7:00 to 8:30 PM

**You Can Attain True Happiness —
Evening Gathering & Dharma Discussion**

Happiness is something we all seek, but how easy is it to attain? Actually, it's easier than you think. If your hectic modern life doesn't give you the time or ability for simple joy, why not try something that has worked for thousands of years? Hazlitt can help you learn a few easy-to-use tools that make it easier to understand, experience and realize your true happiness in the present moment.

Free Admittance

These liberating instructions are given freely with no expectation of reward, but in accordance with Buddhist tradition, donations to the teacher are needed and appreciated. Please consider a donation of about \$20 per session. No one will be judged or turned away for lack of funds.

Contact Us

Locally please contact
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415-846-3618

Dharma is your positive, beneficial thinking. Studying, contemplating and meditating upon the teachings of the Buddha enable you to develop more beneficial thinking patterns. Reducing negative, harmful thinking is the first step to increasing your happiness. Your beneficial thinking assists everyone including yourself. Because none of us is an island.

Location

Red Cedar Dharma Hall
1021 N. Forest Street, Bellingham, WA 98225

For details, please visit: **www.pathbuddha.com**