The Contemplative Way: The Tradition of Thomas Merton – with Dr. James Finley
Thursday, Jan. 26, 7:30 pm
St. John’s on the Lake United Methodist Church,
4760 Pine Tree Drive, Miami Beach
Lecture co-sponsored by the Program in the Study of Spirituality at Florida International University and Florida Atlantic University’s Peace Studies Program.
For more information, visit http://casgroup.fiu.edu/religion/events.php

Into the Heart of Life – Jetsunma Tenzin Palmo
Saturday, Jan. 7, 4 pm, Lecture and book signing
University Theatre, FAU Boca Raton
Jetsunma Tenzin Palmo is one of only a handful of western women to be ordained as a Tibetan Buddhist Nun. She is recognized as a powerful proponent of the universal need of individuals to find their voices so that all human beings can “realize their full potential.” In one of her rare visits to the United States, Tenzin Palmo offers down to earth, practical advice on cultivating a peaceful mind amidst the chaos and stress of everyday life.
Tenzin Palmo left England for India at the age of 20 to pursue her Buddhist training and in 1964 became a nun. After several years of study, she sought complete seclusion in a remote cave where she practiced intensively for 12 years. Later she started a nunnery. In 2008, in recognition of her spiritual achievements and her efforts in promoting women, Tenzin Palmo was given the title of Jetsunma, which means Venerable Master. She recently spoke at The Omega Institute in Rhinebeck, New York.
"Tenzin Palmo is one of the most genuine and accomplished of western practitioners. Her voice is simple and pure, wise and true.” — Jack Kornfield, author of Path with a Heart
Tickets: $25, $15 each for groups of 10 or more, free for students
For lecture tickets, visit www.fauevents.com or call 1-800-564-9539

Sand Painting: The Sacred Art of Tibet
Wednesday, Feb. 29, 4 pm
University Theatre, FAU Boca Raton
Lecture and film sponsored by the FAU Peace Studies Program and Department of Anthropology. The ancient art of Tibetan sand painting has been preserved in the monasteries of India and Tibet for some 2,500 years. Traditionally practiced in seclusion, this unique art form has only been practiced publicly in the last decades. In this beautifully photographed and fascinating documentary, Tibetan monks from the Dalai Lama’s personal monastery, Namgyal, create the mandala of Kalachakra, the most sacred of all Buddhist sand paintings. The film explores the meaning of the symbols and rituals within the mandala as they have existed through the centuries. Free and open to the public.
For more information, contact 561-297-2623

Tibetan Sand Mandala – Mystical Arts of Tibet
February 25 - March 2, 2012
Schmidt Center Gallery, FAU Boca Raton
Painting with colored sands is one of the most exquisite and unique expressions of Tibetan Buddhism. Over several days, visiting Tibetan monks will create an intricate work made from millions of grains of colored sands, free and open to the public.
Opening Ceremony: Saturday, Feb. 25, Noon – 1 pm
The monks begin by preparing the site for the Mandala Sand Painting with approximately 500,000 grains of sand and dunes.
Closing Ceremony: Saturday, March 3, 1-3 pm
During the closing ceremony, the monks dismantle the Mandala, sweeping up the colored sands to symbolize the impermanence of all that exists. Half of the sand will be distributed to the audience in small bags. The remaining colored sand will be carried in a procession by the monks to the Arts and Letters Complex lake and ceremonially poured to disperse the healing energies of the Mandala throughout the world.
For more information, visit www.fau.edu/galleries

Lectures presented by
Peaceful Mind | Peaceful Life

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For more information, contact 561-297-2623
Cultivating Patience in Our Busy Lives: Removing Personal Obstacles
Saturday, April 21, 9:30 am – 12 pm
Tuesday, April 24, 6 – 8:30 pm

“He that can have patience, can have what he will.” — Benjamin Franklin

We live in a world that has never been busier and yet we have come to expect instant gratification. Learn how Daily Spiritual Practices can help us cultivate the patience it takes to look at our lives and understand the personal obstacles that prevent us from being the person we are meant to be.

$15 each workshop.

Awaken your Heart: Uncovering our Truest Self
Saturday, Feb. 18, 9:30 am – 12 pm
Tuesday, Feb. 21, 6 – 8:30 pm

“I would finally just like to advise you to grow through your development quietly and seriously; you can interrupt it in no more violent manner than by looking outwards, and answering answer from outside to questions which perhaps only your innermost feeling in your most silent hour can answer.” — Honoré de Balzac

The awakening of our heart allows us to more fully live the life we have been given. See how the practice of being present in our life begins to bridge the distance between our head and our heart, allowing us to uncover our true self.

$15 each workshop.

Visiting the Boca Raton campus except where noted. Coffee and beverages are served. Please bring a light sweater and a writing utensil. PARKING AVAILABLE AT Lot 16 or Lot 17.

To register, call 561-297-2337, or visit fauf.fau.edu/peaceful.

Registration required (non-refundable) and seating is limited. To register, call 561-297-2337, or visit fauf.fau.edu/peaceful.