

Guided Meditation and Talk

Happiness is a choice

With Gen Khyenwang

Odiyana Kadampa Buddhist Center

Happiness and suffering are states of mind and so their main causes cannot be found outside the mind. If we really want to be happy, we have to choose which thoughts and intentions we want to follow and which ones we want to let go of. This process of gaining control of our own mind through the practice of meditation creates new mental pathways that lead to temporary and ultimate happiness and freedom.

Tuesday, December 10 at 6:30PM

Noah Webster Library • 20 South Main Street • West Hartford, CT • 860-561-6990