



AABCAP

CONTINUING EDUCATION

WEDNESDAY, FEBRUARY 3RD 2010 STARTING 6:30PM
FOR AABCAP MEMBERS AND INTERESTED COLLEAGUES

SPEAKER: **JOHN BARTER**

(BUDDHIST PSYCHOLOGIST, MINDFULNESS MEDITATION TEACHER)

TOPIC: **THE BUDDHA'S TEN FOUNDATIONS FOR WELL-BEING**



For thousands of years it has been said by Sages and Saviours, and now by Scientists and Psychologists, that more than anything else, human beings inherently seek to be happy. This 'happiness' may be described as a 'wellbeing' which includes both being well and living well. The Buddha has pointed out that a meaningful and sustainable happiness is not something that is to be pursued, but does ensue when we ourselves set up the right conditions. Such right conditions result in '*Punya*' – merit or virtue; that sustains and supports 'wellbeing'.

The Buddha in his wisdom has described and prescribed the Ten Foundations for the development of *Punya* which ideally are engaged and developed 'pro actively' rather than reactively. In this presentation, Buddhist Psychologist and Mindfulness Meditation Teacher John Barter will offer reflections on what these Ten Supportive Foundations for Wellbeing are and how their development can reduce the potential for stress, anxiety, depression and despair in our lives and the lives of others.

WHERE: The Buddhist Council of NSW
Level 1, 441 Pacific Highway, Crows Nest

WHEN: Wednesday 3rd February 2010
6:30pm Light refreshments
7:00-8:30pm Presentation

COST: \$20- \$10- student/concession (payment on arrival)

RSVP to info@buddhismandpsychotherapy.org