

# Living with Kindness

## A Day Retreat

led by

# Dhammarati

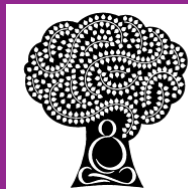
## Sunday, Aug. 26, 10-4

*Enlightenment is generally spoken of as a state in which the self has been eliminated... in the Karaṇīya Metta Sutta the same aim is envisaged in positive terms: not as the elimination of the ego but as a deeply realized attitude of even-mindedness towards all.... Mettā and Insight are not separate aims. Indeed, mettā is a necessary aspect of Insight... how do we ... integrate that knowledge into a deep and mature emotional awareness?*

Sangharakshita. *Living with Kindness*

Through study of the *Karaṇīya Metta Sutta* and in our own experience, we'll look at that question: how do we integrate our deepening understanding into "a deep and mature emotional awareness"?

Suggested donation: \$40, everyone is welcome, regardless of ability to pay. Vegetarian potluck lunch. Please bring something to share or your own food if you prefer.



Seattle Buddhist Center  
info@seattlebuddhistcenter.org

### Dhammarati

Ordained in 1976, Dhammarati is a member of the Preceptors College, and was the Chair of the College for 10 years. He is the President of the Seattle Buddhist Center and visits each year to teach and help develop the connection between the SBC and the Triratna Buddhist Community worldwide.