

# Escaping the Wheel: Faith and Freedom in Buddhism

March 14 10 AM to 4 PM

***Awareness opens doors to a new reality. We realize that life, how we experience it, how we view it, who we are, is not what we thought. Without knowing we repeat over and over again our patterns of being in the world; of interacting, interpreting, reponding, projecting...constantly limiting ourselves and others.***

***What would it be like to be completely free from our own conditioning? Free to be completely new and experience the world differently? What holds us in these patterns and what sets us free?***

***We will explore those first steps off the wheel onto a spiral path that leads away from conditioning eventually to the unconditioned. How we can use our experience in each moment to escape the patterns that define us. Following what we place our heart upon.***

Aryadrishti has been practicing in the Triratna tradition for over 20 years. She lives in Portland, Oregon where she guides a business based on right livelihood principles. She is inspired by freedom and her core practice is friendship. Her spiritual practice has evolved around the koan of full engagement without attachment. Through this she continues to explore freedom within commitment, practical idealism and kindness without compromise. It isn't balance. It is going beyond.



Suggested donation: \$40, with optional dana for the leader.

Everone welcome regardless of ability to pay.

Potluck vegetarian lunch (or for special food needs, bring your own).

Register by March 13 by emailing to: [info@seattlebuddistcenter.org](mailto:info@seattlebuddistcenter.org)