The Power of Kindness

with Bonni Ross in Motueka

Saturday 5th October & 2nd November 2019
10.00am - 12.00pm
The Senior Citizens Room
19 Pah Street
(Behind Motueka Library)

Kindness is the most potent state of mind we humans demonstrate. When our lives are grounded in kindness, happiness blooms, even if our circumstances are challenging.
Our actions, infused with the basic sanity of this state of mind, encompass all the possible flavours of positive action such as empathy, generosity, ethical behaviour and many more.
Join us for an exploration of ideas, meditation, creativity and questioning. Come for one or both sessions.

Entry by Dana/Koha
Please contact Jane for further information:
jane.hobday17@gmail.com

Bonni began exploring the teachings of liberation in the early sixties. In the mid 70's she met her principal teacher, Venerable Namgyal Rinpoche, whose direct, eclectic teaching and example are central to her life. The encouragement of His Holiness the 16th Karmapa, teachings from many great Buddhist masters, and innovative westerners have had direct influence, as well as artists, composers, scientists, poets, dancers, philosophers and mystery writers too numerous to mention. Her inspiration comes from "ordinary" people who demonstrate exceptional courage and compassion in the midst of great suffering.