

Don't miss Venerable Marut's 2010 return to Prana House!

JUMP-START YOUR PRACTICE

Cultivating Joyful Effort (virya)

JANUARY 6 & 7, 7:30-9:30pm



In his seminal Buddhist work, *Guide to the Bodhisattva's Way of Life*, Master Shantideva lays out six perfections that form a radiant bridge from suffering to happiness. In these talks, Lama Marut will illuminate the fourth perfection of joyful effort, offering us practical steps to true and lasting happiness.

LOCATION: Prana House: Level 1 / 885 High St, Thornbury.
www.pranahouse.com.au

FOR MORE INFORMATION: cindy@aci-la.org

LAMA MARUT.ORG

VENERABLE SUMATI MARUT

American monk Venerable Sumati Marut is ordained in the Tibetan Buddhist tradition. As a Ph.D & Professor of Comparative Religions he taught for over 20 years at Columbia University & University of California. Ven. Marut is also the founder and Spiritual Director of the Asian Classics Institutes of Los Angeles and Cape Ann, Massachusetts.

Venerable Marut's personal understanding of our modern Western lifestyle unites with his extensive scriptural knowledge of authentic South Asian traditions to create spiritual teachings relevant to all.

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