

# Perfecting PARAMITAS @ Emory

## ZEN BUDDHIST BASICS

Perfecting the Paramitas in Everyday Life:

July	08	Generosity ( <i>dana</i> )
	15	Precepts ( <i>shila</i> )
	22	Endurance ( <i>virya</i> )
	29	BREAK
August	05	Patience ( <i>kshanti</i> )
	12	Contemplation ( <i>dhyana</i> )
[ASZC]	19	Wisdom ( <i>prajna</i> )
Time	10:00 - 11:00 am	

Over the course of six weeks, Sensei will clarify the meaning of Buddhist Paramitas in the context of today's culture.

You may join at any time, as each class will include a brief review of the curriculum, and background reading materials will be made available. We will practice brief periods of meditation in each class, as well as oral tradition chanting, and lecture-discussion, with plenty of time for Q&A.

The last class (Aug 19) will feature a field trip to the **Atlanta Soto Zen Center** (ASZC) for a special immersion in Zen meditation (*dhyana & prajna*).



Taiun Elliston-roshi began Zen practice in 1966; was registered with the Soto Shu sect, Japan, in 1969; ordained as a Zen Priest in 1970; founded ASZC in 1977; received informal authentication in 1983; completed formal *Shiho* transmission in 2007. For further information see:

[www.aszc.org](http://www.aszc.org)

## O.L.L.I.

The Osher Lifelong Learning Institute at Emory is an educational adventure open to all adults age 50 and above.

The quality of instruction and group participation makes OLLI at Emory an engaging intellectual and social experience.

A \$99 quarterly membership fee entitles you to enroll in up to 4 OLLI classes of your choice.

Or you may select any single class for a "sampler's fee" of \$69.

(Certain offerings have a small additional registration fee attached.)

Make sure you get a seat in your favorite classes by registering today!

Classes are held at the Center for Lifelong Learning at 1256 Briarcliff Road.

To register, call the Emory Center for Lifelong Learning at **404.727.6000**.