



“Meditation and Emotions”



"To experience emotions for the emotions to arise , we have to see somebody as our enemy or as our friend or see somebody to be lovable or somebody to be very grotesque and revolting, what that then suggests is our experience of emotions is dependent on our perception of various situations and facts and in addition to that how we interpret those facts.

Whether those facts are something that are favourable to us or not favourable to us, or whether we like or dislike certain situations and so on we then have the relevant experience of emotions. It is very important to understand this because from the Buddhist point of view we cannot overcome certain forms of emotions without understanding how emotions operate. That is the point if we do not understand how emotions work we will not be able to overcome them."

Saturday 28th May 10.30/12.30 - 2.30/4.00

Sunday 29th May 10.30/12.00

\$30.00 Members \$35.00 Non Members per session

Nyima Tashi Kagyu Buddhist Centre

20 Williamson Ave, Grey Lynn, Auckland Ph: 09 376 6113

Email: nyimatashi.nz@gmail.com - www.nyima-tashi.org.nz