

When we light a candle
for others

We also light it for
ourselves



True Happiness: How to Attain it?

An Introductory Session on "Buddhism in Daily Life"

Friday, 16 November, 2012, 6:30-7:30pm

Quiet Room, 3rd Floor Koffler House (Multifaith Center), University of Toronto
569 Spadina Ave, Toronto, M5S 2J7

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Most people are in search of happiness, yet it eludes many of us. In a round-table dialogue format, we will explore what happiness is and the Buddhist perspective on the ways to maintain happiness throughout our lives. This will be a lively discussion, and all spiritual backgrounds are welcome and can benefit from this dialogue!