

Develop **Focus** & **Concentration** *from the Spiritual Practice of* **Buddhism**



Friday 11 January, 2013, 6:30-7:30pm
Quiet Room, 3rd Floor Koffler House
569 Spadina Ave, M5S 2J7

It may seem perfectly natural to simply follow the dictates of our emotions and desires but the truth is that there is nothing more unreliable than our own self-centered mind. Life doesn't necessarily turn out as we hope or plan. This is why it is important to become the master of one's mind, rather than being mastered by it.

<http://buddhism.sa.utoronto.ca>
SGI-UofT Buddhist Club