

WHAT IS *RIGHT* MEDITATION?

*Mindfulness Meditation
& Buddhist Nembutsu Meditation:
Working together for happiness and meaning
in a turbulent world*

**Special guest speaker,
Dr. Kenneth Tanaka
author, professor and
award-winning scholar**

The entire community is invited
to this free event, regardless
of faith or religious background.

Sunday, August 5
Honoka'a Hongwanji
Buddhist Temple
4:00 p.m.

Refreshments to follow.