



Transcending Neurosis

A public talk and practicum with Bill Karelis in Tartu Wednesday–Thursday, April 12th–13th, 2017

We are all afflicted with suffering and confusion. To get to the bottom of the matter, it is very helpful to have a method which makes the causes of our suffering and confusion evident, and which provides an environment of non-aggression, whereby we can purify those causes within ourselves. The sitting practice of meditation, derived from the teachings of Buddha Shakyamuni, offer such a method. In this two-evening presentation, Mr. Karelis will delve into the workings of the mind, as well as the practicalities of the meditation practice, and conduct discussion about the relationship of meditation to transcending neurosis, so that our natural sanity, gentleness and clarity, may come to the fore in daily life.

Wednesday, April 12th from 6 to 8 PM

in University of Tartu Main Building (Ülikooli 18) room 228, Tartu
Public talk and discussion (as a part of every Wednesday Oriental Studies' Seminar)

Thursday, April 13th from 4 to 8 PM

in Athena Center Blackbox (Athena Keskuse Pööningusaal), Küütri 1 4th floor, Tartu

Practical meditation class

There will be 20-minute periods of sitting meditation, followed by 10-minute periods of walking meditation with break for tea and biscuits.

The event is organized by Centre for Oriental Studies, University of Tartu, and Estonian Institute of Buddhism. The event on both days is free of charge. Recommended voluntary donation (dāna) of 5 EUR for each event.

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NB! For the Thursday, April 13th meditation class pre-registration is necessary.
Registration only via the above e-mail address.

Bill Karelis attended Harvard College and studied for many decades at the feet of great Tibetan meditation masters. He has been traveling the world teaching for 25 years, including in over a 100 prisons. His first book, "Living Life Fully: Finding Sanity and Goodness in the Unpredictable," was published in 2013, and his second book is due out in June of this year.

