

A Glimpse of Reality – An Introduction to the Abhidhamma

Tuesdays April 13 and 20, 2010 7 – 8:30 PM

Instructor: Dr. Victor P. Bradford, Rocky Mountain insight

The Abhidhamma (which means “the higher teaching”) is a condensed summary of the Buddha’s teachings – an “owner’s manual for the mind.” These teachings are often considered the core of Buddhist psychology and a window into how our mind interprets and fashions our experience. Traditional Buddhist schools consider the Abhidhamma essential for a complete Buddhist education, yet because they are so condensed, cryptic, and not very entertaining on the surface, it often helps to have a guided introduction.

This class is intended to offer such an introduction into these challenging teachings. Our goals will be to appreciate how the texts organize our experience and the processes which are involved in transforming our experience into our Reality. This should then help us appreciate how the subtle processes of mental development contribute to our suffering and our liberation, and how to fashion these processes for our long term benefit.

You will benefit more from this class if you have had at least three years of meditation, an interest in the Mind, and a good familiarity with the Four Noble Truths. The instructor will assume a familiarity with the basic elements of Buddhist practice.

Victor Bradford is a Dharma teacher in the lineage of the venerable master Ledi Sayadaw. Victor has been a member of Rocky Mountain Insight since the spring of 2002. Before that, he had been meditating in the Vipassana tradition for just over thirty years. He received his Master's Degree in Philosophy (Asian) from the University of Hawaii in 1972, where he studied with Dr. David Kalupahana and visited India, Thailand, and Sri Lanka while on an East-West Center Grant. Victor has also meditated in the Christian monastic tradition and considers this to affirm the diversity of meditative experience. Victor also volunteers as a dentist with a local hospice and children's clinic and works as a community health dentist

Register by April 5th, 2010. Send fee of \$30 made payable to Victor Bradford to 817 Panorama Dr., Colorado Springs, 80904