

# Buddha Birth Day Festival 2008

South Bank Parklands 2 May – 4 May

**Free Entry**

## Meditation Sessions

**Hosted by Ven. Miao Lai & Ven. Miao You**  
FoGuangShan, Chung Tian Temple

**3 & 4 May 2008**

10:00am – 11:00am, 11:10am – 12:00pm,  
1:00pm – 2:00pm, 2:10pm – 3:00pm,  
3.30pm – 4:30pm

**Royal Brisbane International College,  
South Bank Parklands**

The purpose of meditation is to make our mind calm and peaceful. Meditation can help us to overcome stress and find some inner peace & balance.

Meditation can help us to understand our mind. We can learn how to transform our mind from negative to positive, from disturbed to peaceful, from unhappy to happy.

Why not give a try and join the meditation sessions at festival.

Anyone can benefit from the meditations given there. Buddhist or not.

