

Practicing the Noble Fourfold Path

~ The Path to True Happiness

In this meditation seminar by Happy Science, we will explore how to put the 'noble fourfold path' into practice in our daily lives and experience a deep and true happiness. We are all destined to leave this world one day and true happiness is a happiness that we experience not only now, but is one we take with us back home to the Real World.

Through this path we can experience the bliss of enlightenment.

Our discussion will include a 'four-fold path meditation' guided by Master Okawa

Sunday 15th April 2pm ~ 3.30pm

The Betty Day Community Centre, 67 Argyle St. St. Kilda

Limited parking in Argyle Street. Extended parking in Bath Place behind the centre (access from Inkerman Street)



Happy Science

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