



Clinging and the End of Clinging

A One Day Online Retreat
with

Thanissaro Bhikkhu (Ajaan Geoff)

September 12th, 2020

9 am to 4 pm (PDT)



When the Buddha formulated the first noble truth — the truth of suffering — he didn’t say something useless like “Life is Suffering,” and he didn’t say something vague and obvious like “There is suffering.” Instead, he said something more useful and insightful: suffering is the five clinging aggregates. As he explained, the problem isn’t with the aggregates, it’s with the clinging. So when he described the focus of his teaching as suffering and the end of suffering, he was basically saying that it was focused on clinging and the end of clinging. If we want to understand his teaching, we have to understand what clinging is, why it’s suffering, and how clinging can be used to put an end to clinging. This is the purpose of this two-part class.

Thanissaro Bhikkhu (Geoffrey DeGraff) has been a Theravada Buddhist monk since 1976. After studying in Thailand with Ajaan Fuang Jotiko for ten years, he returned to the U.S. in 1991 to help found Metta Forest Monastery in the mountains north of San Diego where he is currently Abbot. Thanissaro Bhikkhu’s writing includes *The Paradox of Becoming*, *The Mind Like Fire Unbound*, *The Wings to Awakening Straight from the Heart (Venerable Acariya Boowa)*, *Right Mindfulness*, and *The Craft of the Heart (Ajaan Lee Dhammadharo)*. He has also translated many meditation guides by Thai forest masters as well as numerous scriptural texts from the Pali canon.

This is a one day Online Retreat

To Register: send name and email to BIMSretreats@gmail.com

Connection details will be emailed to registrants.

Cost: In keeping with the teachings and spirit of generosity, this retreat is freely offered. No one will be turned away for lack of funds. Opportunities to donate (give dana) are below.

Dana for the Metta Forest Monastery may be made by check or PayPal.

Attn. Steward
Metta Forest Monastery
P.O. Box 1409
Valley Center, CA 92082

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Donations to help offset BIMS organizational costs may be made by check or PayPal (US Funds only).

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