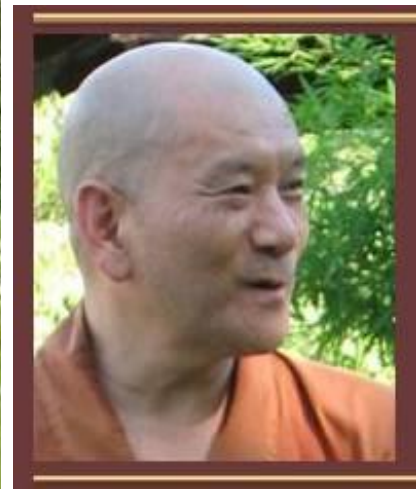


## **YOGA MEDITATION SOCIETY OF T&T INC.**

Invites you to an open lecture  
**“Understanding and overcoming fear”**  
by **Bhante Kovida**  
**Sunday 26<sup>th</sup> January, 2014, Engineering Room 101,**  
**Block 1, Faculty of Engineering,**  
**5:00 pm to 7:00pm.**

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**Bhante Kovida grew up on the tropical island of Jamaica, West Indies, of Chinese descent. He immigrated to Canada, studied for a science degree, then traveled overland from Europe to India and Nepal (via Turkey, Iran, Afghanistan and Pakistan) during 1974-1975, where he began the study of Indian history and culture, Hatha Yoga and meditation, classical Indian music, and Buddhism. This journey was to be the most significant event in his life as it fulfilled a deep childhood yearning for travel and adventure, and spiritual understanding.**

The Buddha and those early monks spent most of their time in the forests and rural areas of northern India 2600 years ago. They lived a very simple life practicing mindfulness in daily life in order to make the mind firm and concentrated, calm and clear, so they could reflect deeply into the nature of existence and gain self-understanding and wisdom, and freedom from suffering and mental disease. They walked mindfully back and forth along the forest paths; they walked mindfully to the villages and towns, alms bowl in hand, to collect food, waiting patiently in front of each house. With calm attention, they walked back to the forest, sitting and eating mindfully in silence, washing their bowls, washing their robes, sweeping leaves, etc. And sitting under trees and establishing mindfulness on the in-breath and out-breath, thus focusing the mind with clear, calm energy and reflecting deeply into the nature of existence, into the nature of the physical body, and the phenomenon of experience regarding the six senses of seeing, hearing, smelling, tasting, feeling touch sensations, and thinking and imagining. It was through these six sense doors that the Buddha realised the beginning and the ending of the world, the arising and passing away of mental and physical phenomena.

Extracted from: *kovidabuddhismoanad.com/biography* and from *Bhante's book, An Inquiring Mind's Journey Into Wisdom, Compassion, Freedom and Silence*