

# Relating Buddhist Psychology (*abhidhamma*) to Daily Life

A talk by the Venerable Sister Susila



Date: September 21, 2007 (Thursday)

Time: 6:00 pm Refreshments/Book Sale  
6:30 pm Talk

Place: Emmanuel College Chapel (3F)  
75 Queen's Park Cres. East

Free Admission: rsvp to [wisdom.tor@rogers.com](mailto:wisdom.tor@rogers.com)  
For further information: call 416-910-4858

Sister Susila was ordained as a Theravada Buddhist nun in Malaysia in 1991. Soon after her ordination, she travelled to the Panditarama Monastery in Myanmar, where she practiced under the guidance of the famous meditation master the Venerable U Pandita Sayadaw. In 1994, she moved to Pa Auk Forest Monastery to practise under the guidance of the renowned Venerable Pa Auk Sayadaw, and remained in the forest for 14 years. In addition to an assiduous program of meditation, she also learned the Abhidhamma, ancient discourses, and the Pāli language from him.

Later, she founded the Appamada Vihari Meditation Centre in Malaysia. She teaches meditation and abhidhamma at the centre and around the world, and recently has made the profound Buddhist teachings of the human mind accessible by the general audience in her book "Unravelling the Mysteries of Mind and Body Through Abhidhamma".

<https://www.amazon.com/Unravelling-Mysteries-Mind-Through-Abhidhamma/dp/9833512038/>  
Hard copies of the book will be available for sale at the event.