

Beyond the beauty of external forms, there is more here: something that cannot be named, something ineffable, some deep, inner, holy essence. It only reveals itself to you when you are present. —Eckhardt Tolle



What is ABC?

The American Buddhist Center reflects the unique nature of western Buddhism, which incorporates many disciplines in order to support an integrated spiritual practice. ABC enriches your journey by offering activities that allow you to share the joy of living the dharma (Truth). All are welcome.

Ongoing events:

- **Meditation, Message & Music**
Sundays 9-10 a.m.
- **Living the Teachings of Eckhardt Tolle**
Mondays 7:30-9 p.m.
- **Beyond Beliefs Discussion**
Tuesdays 7:30-9 p.m.
- **A Path With Heart Class**
Wednesdays 7:30-9 p.m.
- **Awareness Training and Practice**
Explanation, discussion and practice of relaxation, stress reduction and insight meditation techniques. Beginner to experienced meditators.
first Saturday of each month
9 a.m.-noon
- **Internet discussion group**
- **Spiritual Cinema**
During this relaxed evening gathering, we use an eclectic range of cinema to inspire lively discussion of spiritual principles. Movies have included *In the Light of Reverence*, *Murderball*, *Lars and the Real Girl*, and *Ghandi*.
fourth Saturday of each month
6:30 p.m.

theamericanbuddhistcenter.org

ABC's home is at St. Garabed Church,
4400 Wyoming St. Kansas City, MO 64111.

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