



Dr. Paul R. Fleischman M.D.

SUNDAY
March 14th // 9:00 AM

Dhamma Sela Virtual Dhamma Hall (Zoom)

1.5 Hr ~ Old Student Talk & Post Talk Breakout Sessions



The Power of Small Changes

A LIVE TALK BY DR. PAUL R. FLEISCHMAN M.D.

This talk is intended specifically for old students, about the challenges and triumphs of meditating in daily life. It includes suggestions about how to become established as a meditator, and it provides encouragement and clear understanding of our meditation guidelines so that they can be applied more successfully.

Dr. Paul R. Fleischman is a retired psychiatrist, author and Vipassana meditation teacher in the tradition of S.N. Goenka. He practiced psychiatry for over thirty years, and has been honored by the American Psychiatric Association for his unique contributions to the study of psychiatry and religion. In the recent past he has lectured at Yale, the University of Chicago, Northwestern, the University of Washington, Stanford, Brown, Harvard, MIT, Tufts, NYU, and Columbia, as well as in many countries around the world. Dr. Fleischman is the author of Wonder: When and Why the World Appears Radiant, and many other books.

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ZOOM SESSION DETAILS

[https://zoom.us/j/875854141?](https://zoom.us/j/875854141?pwd=cDRON3VkZmVTK01OZThbURUN1RIQT09)
[pwd=cDRON3VkZmVTK01OZThbURUN1RIQT09](#)

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