

# "Buddhayana: Buddha's path to bliss and Enlightenment"



## Synopsis:

"Out of deep compassion for the world, Buddha taught a Dhamma that would help a faithful and sincere practitioner attain sublime knowledge and realise unconditioned bliss. 2500 years later, his method is still as effective as ever. What was his Dhamma? How does it work? What was its ultimate goal? How can we be of true service?"

## About the Speaker :

Sylvia Bay has been dedicated to the study and practice of Buddha's teaching since 1992. She graduated with a B.A. (Hons) First Class, in Buddhist Studies, from the Buddhist and Pali University of Sri Lanka in 2000 and joined the teaching staff of the Buddhist and Pali College (Singapore) in 2001. Since 2002, Sylvia has also been a regular speaker on Buddhist doctrine, Buddhist history, and the practical application of the Buddha's teachings in daily life, at the invitation of various Buddhist organisations in Singapore. She published her first book last May: the 1st volume of a 2-part series on the life of the Buddha which is titled, "Between The Lines: An Analytical Appreciation of Buddha's Life". Volume 2 will be launched on Vesak day. Sylvia also holds a B.Soc.Sci (Hons) from NUS and a Masters in International Public Policy from School of Advanced International Studies (SAIS), Johns Hopkins.



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