

LILAC SPRINGS

P R E S E N T S

CLAUDE ANSHIN THOMAS

Zen Buddhist Monk and Vietnam Veteran

Author of

“At Hell’s Gate: A Soldier’s Journey from War to Peace”



- Born 1947 in Meadville’s Spencer Hospital
- Grew up in Waterford, PA
- Enlisted in Army at age 18
- Vietnam – assault helicopter crew chief
- Shot down 5 times
- 27 Air Metals, Distinguished Flying Cross & Purple Heart
- 130 international speaking engagements each year
- Involved in numerous veterans retreats

Journey From War To Peace

Thurs.- Sun.

October 1st – 4th 2009

Day 1 – Public Talk at Allegheny College

Day 2 – Seminar for Professions working with PTSD

Day 3 – Seminar for Veterans

Day 4 – Seminar for Families and Friends of Veterans

Lilac Springs – Meadville, PA 16335 • 814-425-1295 • email –

lilacspringspa@gmail.com • fax 814-425-1295