



CML Montréal

organizes a

Mindfulness Day

with

Chân Huy

Dharmacarya invested by
Thich Nhat Hanh

Desire and anger

Desire and anger are part of our psychological phenomena, also called "mental formations". With the awareness of the mind in the mind, the third of the **Four Establishments of Mindfulness**, we learn how to observe the arising, the presence and the disappearance of mental formations. We observe five categories of desire which produce all kinds of physical and mental suffering, obstacles on the path of practice. *"We recognize them and look deeply into them in order to see their substance, their roots in the past, and their possible fruits in the future, using conscious breathing while we observe."*

We observe also the presence and absence of anger, its roots (misunderstanding, clumsiness, our social environment, our habits, etc.). With this exercise, we will be able to demystify anger, to lessen it, and to transform it into another energy (understanding or love). *"When the light of mindfulness is lit, the mental formation under observation will naturally be transformed in a wholesome direction."*

During the day, we will have the joy to practice together sitting and walking meditation, mindful listening to a dharma talk, mindful meal, total relaxation, dharma discussion, tea ceremony and/or other mindfulness practices.

Sunday, January 25 2004

9:30 to 5:00 pm

at

Maison de Pleine Conscience

5867 Saint-Hubert, Montreal (metro Rosemont)

Cost: 35 \$

(Please bring your own lunch)

(514) 272-2832

mpcmontreal@hotmail.com

www.mpcmontreal.homestead.com/files/

