



**CML Montréal**

organizes a

## **Mindfulness Day**

with

**Chân Huy**

Dharmacarya invested by  
**Thich Nhat Hanh**

## **Meditation on love**

*« Love meditation is a method for developing the mind of love and compassion. Love (pali, metta, skt, maitri) is a mind which is intent on bringing peace, joy, and happiness to others. Compassion (skt, karuna) is a mind which is intent on removing the suffering which is present in others. We all have the seeds of love and compassion in us and we can develop these fine and wonderful sources of energy by being in touch with the physical, material, and psychological suffering of others. »*

But sitting quietly to meditate, observe and understand the suffering of the other doesn't help if we are not in touch with the persons who are the objects of our meditation.

*«If love and compassion are real, they will be evident in our daily life, in the way we talk with people and the way we act in the world.»*

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, February 29, 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**

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