



CML Montréal

Transformation and healing

A Mindfulness Retreat

in the tradition of **Thich Nhat Hanh**
with

Chân Huy, dharmacharya

at Villa Marguerite,
9409 Gouin Blvd, west
Pierrefonds
(Bus 68 from Côte-Vertu)



Saturday and Sunday, March 27-28, 2004

« When the eyes see a form, the ears hear a sound, the nose smells a scent, the tongue tastes something, the body touches something, or the mind recognizes an object, knots may or may not be formed, depending on the way in which our mind receives these impressions. When someone speaks unkindly to us, if we understand the reason and we do not take the words to heart, we will not feel at all irritated, and a knot will not be formed in our mind. If we do not understand the reason and we feel irritated, a knot will form. »
Daily mindfulness allows us to recognize that a knot is arising in us. The more we repress it, the more difficult it will be to untie it. Thanks to mindful observation, we understand the nature of what is repressed in us and we can start the work of transformation and healing.

During this retreat, we will have time to enjoy mindfulness while sitting, standing, walking, lying down in total relaxation, eating or drinking a cup of tea in a spirit of togetherness. Practicing the Noble Silence, except during dharma discussion, will allow us to be fully present, to observe and to be aware of everything that is happening in us and around us. Two days of practice with a sangha (community of practitioners) can suffice to bring about a profound transformation within us.

Chân Huy, "True Radiance," comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his two children. He was ordained by Thich Nhat Hanh as a Dharma Teacher in 1994. He teaches mindfulness meditation and leads retreats throughout North America.

Cost: 115\$

(including teachings, activities, accommodation (max. 31 pers) and three meals)
135\$ if arriving on Friday night

In order to help us better prepare for the retreat, kindly confirm your participation by leaving a message at
(514) 272-2832, or by sending us an email at mpcmontreal@hotmail.com

