



CML Montréal

organizes a

Mindfulness Day

with

Chân Huy

Dharmacarya invested by
Thich Nhat Hanh

Discriminative investigation of the objects of mind in the objects of mind

The objects of mind also called *dharma*s, are all that can be conceived of as existing in the eighteen realms of our psychological, physiological, and physical aspects.

« All dharmas arise, endure, and fade away according to the law of interdependence. No single dharma can arise by itself, endure by itself, and fade away by itself. The coming-to-be of one dharma is dependent on the coming-to-be, endurance, and destruction of other dharmas, in fact, of all other dharmas. »

The Fourth Establishment of Mindfulness: while sitting in meditation, we concentrate our mind on the object of our observation and we observe its source and its nature. When we look carefully and deeply, we see that the arising, enduring and ending of the object is dependent on other things. This will allow us to overcome ignorance, delusion and to correct our erroneous perceptions

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, April 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)

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