



CML Montréal

organizes a

Mindfulness Day

with

Chân Huy

Dharmacarya invested by
Thich Nhat Hanh

Sowing seeds of peace The Seven Factors of Awakening

When the Buddha realized enlightenment, he said: *"How amazing that all living beings have the basic nature of awakening, yet they don't know it. So they drift on the ocean of great suffering lifetime after lifetime."*

The seven characteristics of the path which lead to awakening are: mindfulness, investigation of phenomena, diligence, joy, ease, concentration and letting go. « *If mindfulness is developed and maintained, the investigation of phenomena will meet with success. Joy and ease are wonderful feelings nourished by diligence. Concentration gives rise to understanding. When understanding is there, we go beyond comparing, discriminating, and reacting, and realize letting go.* »

The seven Factors of Awakening practiced with the Four Immeasurable Minds of love lead to complete and perfect awakening. They are also the practice of love.

« *In the buddhist psychology, mind is compared to a plot of ground in which all sorts of seeds are sown: the unwholesome seeds producing suffering and the positive seeds producing happiness* »

With the practice of **mindfulness** and **deep looking**, we learn how to water the seeds of peace, joy and love that are already in us, but which we forget about because we don't see them. With patience, discipline and trust, we will be able to minimize the unwholesome seeds of sadness, anxiety, fear and despair. They will eventually disappear due to lack of nurturing!

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, May 30, 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/

