

CML Montréal

offers

A Mindfulness Day

with

Chân Huy

dharmacarya in the tradition of

Thich Nhat Hanh

The Fourteen Verses on Meditation No more solitude with a sangha!

Drafted by Thich Nhat Hanh, the Fourteen Verses on Meditation offer a group view on the Buddhist practice of Mindfulness. To meditate is to stop, to look deeply, in order to arrive at a deep understanding of things. Three concepts are at the heart of meditation: attention, concentration, and understanding.

It is possible to practice alone. But it is also possible to practice in a group which affords support and comfort, thanks to the collective energy that it generates. A sangha (group of practitioners) is a powerful tool for transformation. It offers relief from our afflictions, our worries and our daily concerns. *“I take refuge in the sangha’ means that we place our confidence in a community of people who are each working on finding solidity by means of the practice. Our friends are an essential element of our practice.”*

Together, joyfully!

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

Sunday, September 26th, 2004

9:30 to 5:00 pm

Maison de Pleine Conscience

5867 Saint-Hubert, Montreal (metro Rosemont)

Cost: 35 \$

(Please bring your own lunch... and your cup ☺)

(514) 272-2832

mpcmontreal@videotron.ca

www.mpcmontreal.homestead.com/files/

