



CML Montréal

offers a

## Mindfulness Day

with

**Chân Huy**

dharmacharya invested by

**Thich Nhat Hanh**

# Why be jealous ?

*"Looking deeply into reality helps us to see the true nature of things, and to let go of all longing and all fear."*

Ignorance creates desire creates longing creates attachment. Attachment leads to the narrow view, "this is me, this is mine, this is not mine," etc. We judge, we compare, we separate. This tendency to compare creates in us feelings of pride, or of rejection. And thus are born jealousy, isolation, and a feeling of separateness.

*"We believe ourselves to be separate from each other, even though we are all part of the same reality... We must train ourselves to see things in such a way so that in touching one thing we touch all the rest. We have to see that each thing is part of everything, and everything is in each thing...."*

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, December 12<sup>h</sup>, 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 ☺)

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