

La maison de Pleine Conscience

invites you to a

Mindfulness Day

with

Chân Huy

dharmacharya invested by

Thich Nhat Hanh

Guilt

Regret, remorse, guilt—these are obstacles to our inner peace. Our mistakes are intolerable to us. But why do we think we should be above making mistakes?

Guilty feelings stem from the perceptions in our mind. Right or wrong “*we have all made mistakes in the past. But these mistakes can be erased. We cannot return to the past to correct our errors, but the present has been created by the past, and if we are truly in touch with the present we are naturally in touch with the past. In transforming the present moment, we can also transform our past.*”

The struggle against ourselves can stop right now in the present moment, and this is hopeful!

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, January 20th, 2007

9:30 to 5:00 pm

5867 Saint-Hubert, Montreal (metro Rosemont)

Cost: 40 \$

(Please bring your own lunch and your cup)

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