



Villa Saint-Martin is located on the south bank of the Rivière-des-Prairies, across the street from Bois-deLiesse, in Pierrefonds, very close to Autoroute 13.

To get to Villa Saint-Martin:



Take 13 North (Autoroute Chomedey) from Autoroute 20 or 40. Exit at boul. Gouin ouest (exit 8). Turn left, under the bridge (under the 13), and you are on boul. Gouin. Number 9451 is coming right up on your right.

Métro : Côte-Vertu. Bus 64 to 68. Call Autobus (288-6287) to check bus schedule.

Forgiveness

A Mindfulness Spring Retreat

led by

Chân Huy

dharma teacher ordained by

Thich Nhat Hanh

March 28-30, 2007

Arrival : Friday, March 28th (no supper served Friday)

Departure: Sunday, March 30, around 3:00pm.

Villa Saint-Martin

9451, boul. Gouin Ouest
Pierrefonds

Forgiveness

Peace is not possible if bitterness dwells deep in our heart. The bitterness may be nourished by our anger, doubt, jealousy or insecurity, all of which are mental formations which rob us of our inner freedom.

We may sometimes be able to forgive, but does the forgiveness last? If we are mindful, we can learn to be aware of and take care of our anger when it first arises, before there is time for either repression or superficial forgiveness.

Non-judgment and unconditional acceptance (both toward ourselves and toward others) are the foundation of forgiveness. This is the real prize, and it’s possible!

Schedule (sample)

AM	PM
Wake up	Dharma discussion
Mditation	Total relaxation
Breakfast	Supper
Dharma talk (in French)	Question and answer period
Walking meditation	Meditation
Lunch	Sleep

Transmission of the Three Refuges and the Five Mindfulness Trainings

Chân Huy will lead this ceremony Sunday morning. If you feel ready to receive the Three Refuges and the Five Mindfulness Trainings (or just some of the Trainings), please indicate your request in the appropriate form, which you may then either mail to us or give to us upon your arrival at the retreat.

What to bring

Your personal things (toilet articles, alarm clock, etc.) Warm clothes for the walking meditation in the park.

Carpooling :

Request	Offer
Tel : _____	Tel : _____

*Breathing in, I know I am breathing in
Breathing out, I know I am breathing out*

Awareness of breathing is the foundation of our practice. It is the link between the mind and the body. When we lose ourselves in thinking about the past or worrying about the future, our body may be present but our mind is somewhere else. Awareness of our breathing unifies body and mind, here and now.

Seated at the foot of the bodhi tree, my back is straight, my posture stable...

The goal of sitting meditation (or any other type) is not to reach enlightenment, but rather to enjoy fully the present moment, to enjoy the sense of well-being that arises when we are fully conscious of our breath, to look deeply and to let go...

I am home, I have arrived...

We stop running, and we walk.It’s another way to meditate. We pay attention the contact of our feet with the earth. We walk just to walk, without going anywhere, and the mind establishes itself in the here and now. We think neither of yesterday nor of tomorrow. We live simply, from moment to moment, far from our problems, and we smile as we leave behind us footprints of joy and serenity!

The dharma is deep and lovely....

The word “dharma” also means “teaching.” Listening to a dharma talk can also be a form of meditation during which we listen with all our attention, serenely allowing the teachings to penetrate us, as the rain penetrates the earth.

The Five Mindfulness Trainings

The Five Mindfulness Trainings are the foundation for happiness for the family and for society. We ask that you not smoke, drink alcohol, eat meat, and we ask that you refrain from sexual relations during the retreat.

Listening, without judging or reacting...

In dharma discussion we mainly share our thoughts on the dharma talks. It is a time for listening, sharing our experience and our understanding of the teachings, or for asking questions in order to better understand the practice.

This food is the gift of the entire universe...

Eating in silence is a powerful meditative exercise which permits us to appreciate our food. In contemplating what sustains us, we begin to realize our interdependence with the entire universe. Each type of food contains the essence of the sun and the earth. In looking deeply into what we are eating, whether with family or friends, we cultivate our compassion for those who have nothing to eat.

The Noble Silence

The practice of Noble Silence puts us in deeper contact with those around us. It can afford us much joy and understanding. We practice Noble Silence during most of the day in our Mindfulness practice, and everyone benefits!

Registration Form

Last name _____First name _____

Address _____

Ville _____Province _____Postal code: _____

Email **(Please write clearly)** : _____

Tel (daytime): _____Tel (eve.): _____Fax: _____

Fees (including teachings, activities, room and board (2 nights and 5 vegetarian meals)) :

Room with shared bathroom (including linens and towels)	Fee	Choice	Paiment
Single occupancy	\$180		
Double occupancy (2 beds) (limited)	\$160		
Couple (double bed)	\$160		

Room with private bath (limited)	Fee	Choice	Paiment
Single occupancy (king size bed)	\$200		
Double occupancy (2 beds)	\$160		
Couple (kingsize bed)	\$160		

Families/Interest groups	Choice
- Sexual abuse	
- Depression	
- Education	
- Family practice	
- Practice at work	
- Health care professionnals	

(Although the retreat will be in french, we will group families according language if needed)

Since the number of rooms is limited, the registration will be on a **first-payad-first-served basis..** We would appreciate advanced payment in full in order to lessen the paperwork upon arrival and to practice Noble Silence more quickly.

Scholarship Contributions: Your generosity will make it possible for some persons with low income to attend the retreat. The donations are tax-deductible.

Please make your cheque payable to : **CML de Montréal** and send to :

**34, PromenadeThornton
Dollard-des-Ormeaux, QC H9B 1X8**

Mpcmontreal@videotron.ca
www.mpcmontreal.homestead.com/files/

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