

*La Maison de Pleine Conscience*

invites you to a

## **Mindfulness Day**

with

**Chân Huy**

dharmacharya invested by

**Thich Nhat Hanh**

### ***Death***

Why talk of death in the Spring? To better appreciate the rebirth of Nature! Re-birth? Was it dead? In Buddhism, the concept of death is a “false view,” one of the Eight Concepts which nourish our ignorance of reality. For the Buddha there is neither birth nor death, neither beginning nor ending, neither same nor different, neither coming nor going.

*“The Middle Way says that this is because that is;  
this appears because that appears;  
this is not because that is not.  
To see the world as existing—that is one extreme.  
To see it as not existing—that is the other extreme.”*

So let's talk about it, in order to better enjoy the here and the now.  
Breathe! You are alive!

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, April 27th, 2007**

**9:30 to 5:00 pm**

**5867 Saint-Hubert, Montreal** (metro Rosemont)

**Cost: 40 \$**

(Please bring your own lunch and your cup)

**(514) 272-2832**

[mpcmontreal@videotron.ca](mailto:mpcmontreal@videotron.ca)  
[www.mpcmontreal.homestead.com/files/](http://www.mpcmontreal.homestead.com/files/)