

La Maison de Pleine Conscience

invites you to a

Mindfulness Day

with

Chân Huy

dharmacharya invested by

Thich Nhat Hanh

***Why do I continue to suffer, even once
I've made the decision not to?***

Mindfulness Practice offers us so many practical tools to guide us towards well-being, so many ways to deepen our roots in happiness, that our suffering is suddenly de-mystified, transcended, tamed.

"Aware of the suffering... caused by suffering, I am determined to suffer no more, and to no longer let those around me suffer."

A new Training? Too idealistic?

Why do I continue to suffer, even once I've made the decision not to?

"That won't hurt me anymore.

This won't cause me to suffer anymore.

I have seen the cause, understood the source, I am free from suffering."

Bell...

Is there perhaps nothing to tame? Nothing to transcend? Only one way to see things?

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, May 25th, 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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