

*La Maison de Pleine Conscience*

invites you to a

## **Mindfulness Day**

with

**Chân Huy**

dharmacharya invested by

**Thich Nhat Hanh**

### ***Stability***

To choose freedom means to be able to be free of what is in the past, as well as not to be caught up in what hasn't yet happened. It is to face emotional turbulence and unforeseen storms by taking refuge in the Present Moment. It is to opt for a bed of flowers over one of weeds.

*Hell or Paradise,  
I know them both.  
I choose where it is I'm going.*

Sometimes difficult? One day at a time. One hour at a time. One minute at a time.

*In looking deeply at life as it is, the practitioner dwells in freedom and stability  
in the heart of the present moment.*

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, June 22nd, 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/)