

# *The Tender Heart of Forgiveness*



## *A Mindfulness retreat with Dharma Teacher Chan Huy and Laughing Rivers Sangha*

*Let's pass through the gate and walk in the kingdom of forgiveness together*

Meditation is to have the time to sit down and to look deeply and when you look deeply, you begin to understand. The moment you understand, compassion is born in your heart. And now it is possible for you to forgive ...not before that.

**-The Venerable Thich Nhat Hanh,  
From *The Power of Forgiveness*, by Journey Films, 2007**

## **Thursday, Feb 26 – Sunday, Mar 1, 2009**

Forgiveness is really one of the hardest things we're asked to do, in terms of our relationships with other people. The word itself opens up the deepest chambers in our heart and soul. One of the aspects of forgiveness that I had not really thought about...was the aspect of self forgiveness. Even the "best" people have a hard time getting to forgiveness, being able to forgive themselves for what they've done or what they've failed to do.

**-Martin Doblmeier. filmmaker. on talking about making the film *The Power of Forgiveness*. 2007**

**Retreat begins at 7:00 p.m. Thursday evening and ends at 2 p.m. Sunday.  
(Check-in/arrival Thursday, 5-6:30 p.m.)**

### **Location**

Kearns Spirituality Center -- *Sponsored by  
the Sisters of Divine Providence*  
9000 Babcock Boulevard  
Allison Park, PA 15101.

### **Registration Information**

- *Early Bird Special*: \$240 if received before Feb 1. \$255 after Feb 1 (based on double occupancy)
- Includes vegetarian meals and overnight accommodations.
- Scholarships available
- Although not required, we encourage all to attend the entire retreat to benefit fully.

### **For more information please contact:**

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**About Mindfulness:** Mindfulness meditation in the tradition of Zen Master Thich Nhat Hanh is the practice of conscious breathing while living deeply in the present moment, being aware of what is going on within and around us, no matter what we are doing. Its practice is not limited to the meditation hall. Our retreat will involve mindful breathing while engaging in sitting and walking meditation, dharma talks, mindful listening in small group discussions, mindful eating together, mindful movement, and other Buddhist practices.

**About Brother Chan Huy and Laughing Rivers Sangha:** Chan Huy, "True Radiance," has been leading retreats in the art of mindful living since 1994 when he was ordained as a Dharma Teacher by Thich Nhat Hanh. In 2000, he began leading retreats with the Laughing Rivers Sangha. Laughing Rivers Sangha is a community of mindful living that was established in Pittsburgh in 1991. It was among the pioneering sanghas that formed in North America to practice mindfulness in the tradition of Thich Nhat Hanh. Today it is one of several hundred communities practicing world wide.