



# Community Service Program





## 1. Gift from an altruistic consciousness

The water goes in through the mouth of the Kunḍī (covered by the lid), and it goes out through the spout. We receive in order to give away. We always have in order to share, to give, and not to store or to hoard. The Kunḍī helps us realize that our life is a life of giving. This really manifests the consciousness of altruism.

Define yourself as the Kunḍī so that you will give.

What is it that we give? We buy things and possess things, but what do we really have? And when we share, are we sharing the thing or the joy, the feeling of connectedness, the feeling of generosity associated with it? Are we focusing on the gift or generating the inside? Can you give joy or smile if you have joy or smile? What kind of mind or what kind of heart do we have when we give? Do we give to get back in the future? Do we give to please the receiver, or do we give with the thought that “I’m giving to open your heart and mind, and you, in turn open many other people’s hearts and minds”?

How do we give? In what manner? Do we give with joy, kindness and respect or with bitterness and reluctance? What kind of receiver are we aiming at? Do we give to people who can give back, people who are close to us or do we give to the homeless?

All these questions help us to see the root and the heart of all this giving. It is about the self, the ego.

Giving, in the dharma of Kunḍī, is gift from an altruistic consciousness. We give with the thought of being helpful and benefitting others. Be altruistic in your heart and you learn how to give in the most wonderful way that people can receive. You give to all the people who are in need. All kinds of receivers under all kinds of condition. Your gift is beneficial and is precisely what people would need. You start to clear up the intention, and you have no ulterior motive. You do not give because you want something back. You just give because you cultivate altruism.

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## 2. The concept of dedication or transference



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In the Vietnamese language, the concept of dedication is expressed in two words: *Hồi* meaning returning or going home, and *Hướng* meaning directing to somewhere else. You bring the water home and store it in the water pitcher, but you do not use it for yourself. You bring it in in order to give to others. You cultivate to transfer merits to others. For example, your dad cannot bow to the Buddha, so you do the bowing and dedicate the merits to him. If someone cannot meditate, you said “I will meditate but I will give the fruit of calmness to you”. How can this happen?

You need to see that our minds are connected like a web, and that is what we call web-like consciousness. Everyone is intertwined with everyone else. We are interlinked. Web-like consciousness is similar to the theory of morphic resonance and morphic fields by the British scientist Rupert Sheldrake. In his experiment, he taught one bird to poke through a membrane that covered a jar to get the seeds inside the jar. What happened was in one day, all the birds of the same species, hundreds of miles away, knew how to poke through membranes that covered jars of seeds, which they had not done before. Sheldrake attributed this to morphic fields.

In the Avatamsaka Sutra, we have the concept of web-like consciousness. We are weaving our consciousness with everyone else’s consciousness. If you are enlightened, Buddha will say: don’t enlighten alone. You enlighten everyone because everyone is in that same web of consciousness. His words were: “you ascend to the other shore with me; we certify, or we attain the Boddhi (the enlightenment) at the same time”. You can see this in term of emotion.

If you are sad, the whole family or community will be sad. If you are peaceful, you spread that peace through the community instantly as well.

Thus, we cultivate to know how to transfer, how to do things for others, how to bring goodness and give goodness to everyone else. When you give someone a small gift, but you use your mind and you say: “I give you this. May this open your mind and your heart so you will open goodness in yourself”, you are actually making this happen in people’s mind. It is not a joke. Bodhisattvas learn how to multiply the power of the mind through the practice of ten dedications (ten kinds of transferences).

The ten dedications or transferences do not emphasize on the act of doing but on the mind that does it. When you give something, put your mind behind it. You focus on magnifying it, multiplying it and spreading it. That is very powerful.

A Vietnamese proverb says “của ít, lòng nhiều”. It means “the gift is small, but the heart is big. However, be careful because sometimes your stinginess hides behind the philosophy. May be your mind is not that big and you just rationalize it. So, be careful when we say we give a small thing with a big mind. Make sure it is a big mind, and it is generosity with a deep, kind, loving heart.



Cultivate together so we can create good energy and send that to all people in our web of affinity. We need to visualize our mother, father, loved ones, people we have entanglements with. Connect with them. We say: I send this love to all of you. Then you cultivate. People may perceive it or may not perceive it depending on how sensitive they are. That is how we make transference or dedication. I will talk about ten kinds of transferences in the next session.

**Kunḍī**  
**Dharma of Ten Dedications**  
Dharma Master Hang Truong  
September 1, 2020





As masks are no longer scarce, the program "Mask of Love" has been terminated. But we still have to face challenges created by the Covid epidemic, therefore Compassionate Service Society (CSS) continues to serve the community.

CSS serves the community through activities such as cooking vegetarian meals for some organizations, donating winter sweaters, sleeping bags, socks and gloves to some homeless centers.





Empathizing with the difficulties created by the pandemic, on August 12th, 50 servings were delivered to The Open Door, a men's shelter located on Avenue du Parc.

Each serving included:

- Soup
- Spring rolls
- Viet Sandwiches
- Banana

**Ms. Mélodie Racine**  
**Director of The Open Door**





Also at this center, last winter, CSS had gathered and brought sleeping bags and winter coats. Those items were from the generosity of our members and friends or bought at thrift stores (Village des Valeurs, Renaissance).



In addition, new warm thermal socks were packed with love and offered as Christmas gifts to the homeless in the cold winter.



In the summer, we have donated to The Open Door new towels. In the fall, thin coats were also given.

Last winter at Benedict Labre House, another hub for homeless and low-income people, CSS has served vegetarian meals and offered sleeping bags and winter coats. There was also a small Christmas gift: wool socks to help to warm up the cold feet, and hopefully the lonely heart during the Holiday season.





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Last September 1st, this center has also received 150 servings of sandwiches, salads, apples and cakes.










From Ms. Francine Nadler, manager at The Benedict Labre House :

“Oh my God, everyone is so happy. The bread were delicious, the sandwiches were delicious, the salad were delicious the way they were packaged were perfect. It was the most perfect thing that we could ask for.”



A photograph of a white bowl filled with a vibrant orange soup, garnished with small green herbs. The bowl sits on a white plate. Beside the bowl are two whole, light-brown potatoes, a red tomato, and some green leafy vegetables. In the background, a long, golden-brown loaf of bread is visible. The entire scene is set against a dark background.

On the other hand, doctors, nurses and other health care personnel continue to work hard. The hope is that when the epidemic will be somewhat controlled and the quarantine order will loosen up, they would have time to rest and relax to compensate for the long hours of hard work. But for now, they still continue to fight persistently and quietly to protect our health and the community.





On August 21st and 27th, 55 servings were delivered to the nurses, doctors, security guards and to the Palliative care department of the Jewish General Hospital to express our concern and appreciation for the noble sacrifices of these wonderful angels.



Dr. Harvey Chang at this department confided:

“Good food is such an effective way to support us in the hospital: it nourishes us, especially when we are busy and needing energy and don’t have the time to get food, plus it is a delight for the senses, and something that can be a shared experience in the team, and as a gift it is a needed demonstration of recognition for what we work so hard to offer. So thank you for supporting us this way.”







At Food Depot, volunteers who distribute food to low-income families have to work hard during these difficult Covid times.  
On August 21st and 28th, the center has received 35 servings vegetarian meals.





Ms. Hon



Ms. Hương, Ms. Mai Khanh & Ms. Vũ



Mr. Tùng



Ms. Chi



Ms. Trâm



Ms. Huân



Ms. Phi



Ms. Diệu Minh


Pictures of our volunteers who contributed to the initiative.





During this two-month period, we have donated a total of 290 fresh, healthy vegetarian meals.





We hope that the epidemic will end soon, that all activities will return to normal, so everyone can live in peace. We wish that kids can go to school to study and play worry-free with their teachers and friends. May the elderlies meet their children and grandchildren, receive their love and care, and live happily and peacefully. Thank you for your attention. We wish you well and hope to see you in the next activities.

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**Any comments or support please contact:**

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