

COMPASS SPIRIT MONTREAL



June 2017

Master Heng Chang in Montreal



Master Heng Chang visited Montreal May 20th to 22nd to teach us the Bodhisattva Path. 65 participants attended this class, including CSS members from Toronto, Virginia and California (San Jose).

We are grateful for this opportunity and would like to thank our Master for coming from so far and teaching us all day.

Vows for Kuan Yin's Six-Hand Dharma

I vow to **GIVE ALL** with this hand,
Be **GRATEFUL** to all things, harmonious and
OPEN to all beings,
I vow to **LET GO** with this hand
Seeing the **NON-DUALITY NATURE**, I **STOP**
without hesitation.
I vow to **COMFORT** everyone with this hand
Be **KIND, GOOD** and **LOVABLE** always.
I vow to be **UPLIFTING** with this hand
Readily **FORGIVING** with gentle words.
I vow to **UNTIE ALL KNOTS** with this hand
SEEING THROUGH all problems with
EMPATHY and **SYMPATHY**.
I vow to **FULFILL ALL WISHES**
Have **DEEP FAITH** in the Dharma, and be
FLEXIBLE with synchronicity.

These vows for Kuan Yin's Six-Hand Dharma
I pledge to practice and apply them diligently to
help all beings.

Translated by Hoang-Tam Hilton



Transcending Worldliness & Engaging With the World

There are many ways to uncover the true light besides those found in the Buddha teachings. Of those, we choose the path taught in the Avatamsaka Sutra. It is the Bodhisattva path that unfolds our inner lights as well as others'. The Bodhisattva path is very diverse and holistic. It requires us to practice from inside (called **transcending worldliness**) to cast off the knots of five skandhas; at the same time it calls for a practice on the outside (**engaging with the world**) to cast off the knots generated from our relationships with others. All knots from either inside or outside are illusions of the dualistic world. They are built on the fallacy that there is a self and our feelings are real.

Transcending worldliness also means liberating from within, and engaging with the world means going out in the world to serve and help others. These two directions complement and complete one another. If we separate them and practice either one, we will not be able to achieve a well-developed, well-rounded Bodhisattva path.

From the developmental aspect, the path for transcending worldliness is the *upward transforming path*, uncovering the true light, or in other words, one meditates deeply and gains prajna wisdom. On the other hand, the path for engaging with the world *spreads out horizontally*, and those who follow it develop immense kindness, great compassion and skillful means to help sentient beings.

One vertical line, one horizontal line! The former never stops advancing upward while the latter never stops spreading out far and wide! That is the most descriptive diagram of the paths for transcending worldliness and engaging with the world. It is also the model of the Bodhisattva path.

Text from [A Bodhisattva Path](#) book
By Master Heng Chang
Translated by Hoang-Tam Hilton & Mai Ly



Upcoming Events

CSS Montreal Center Grand Opening

CSS Montreal invites you to the great opening of its main center **Sunday June 4th 2017**, at **8059 St-Michel Blvd**. During this special day, we will provide you with further information about integral taichi and meditation classes. You are all welcome to come and see our integral taichi and tea meditation demonstrations. Feel free to ask us any questions. We hope to see you, your family and friends at this event.

INVITATION

PLEASE JOIN US FOR A



**GRAND
OPENING**



Integral Tai chi & Peace Meditation
Sunday 04 June 2017
CSS HEADQUARTER
8059 Boulevard Saint-Michel, Montréal

Program overview :

- 9:30-9:45: Welcome to the event and program schedule
- 9:45-11:00 : Taichi Demonstration
- 11:00-12:00 : Tea Meditation
- 12:00-13:30 : Light Vegetarian Lunch
- 14:00-15:00 : Tea Meditation
- 15:00-15:45 : Taichi Demonstration
- 15:45-16:00 : Event ending

Contact: echi.pham@gmail.com
Phone: Chi (514)738-8905



Bodhisattva Class

A bodhisattva class will be given by Master Heng Chang in California, and will be transmitted live through webcast in Montreal, at **8059 St-Michel Blvd, June 10th and 11th from 10:00 AM to 9:00 PM**.

For more information, please contact Trang at 514-377-9035 or trangluong2275@gmail.com.

Trip to Montreal

'If the **mountain** will not come to **Muhammad**, then **Muhammad** must go to the **mountain**' as the saying goes. So off we went to Montreal for Thầy's teaching, since he was unable to visit Virginia this year. I and five other Dharma sisters from Virginia and Maryland flew to Montreal on different flights, reconvening at anh Nam's and chi Vân's place.

Since I was the one who found the cheapest rate for car rental, I was the designated driver for the group. It seemed like Montreal was in the process of shedding its skin; everywhere we went, road construction was happening. Being in a new place with confusing road signs everywhere and back seat drivers, it was a tough job. However, we made it to our destination. Lo and behold, we had the whole modern, upscale house for our own use. Anh Nam and chi Van had left the whole place for us and went to stay at their daughter's house. It was like staying in a resort with free breakfast. Talk about hospitality, must be a special brand in Montreal. We were so touched!

Two of our sisters were supposed to arrive at midnight on the same day, but their flights got delayed and they did not leave until the next morning. Anh Tùng volunteered to be the chauffer and picked them up from the airport. On the first night, we, being "ngoai bang," got the first private meeting with Thầy to catch up. Thầy made tea for us and the conversation was so interesting that we stayed until close to midnight. Bridges were closed after a certain hour and many detours were offered. Anh Nam had given me instructions for an easier way to get back to his house, but with the late hour and my diminishing brain power, I decided to trust the iphone google map to show us the way, and show us it did.

We went up and down, in and out of many narrow, winding roads with high walls to end up at a very old metal bridge. The only lane that was open was along the edge of the bridge, as wide as the width of our car and with very low railing. Inside the car, things became completely silent. All conversation ceased as soon as we got on the bridge, and the only sound that we could hear was the rattling of the metal grill as we traveled across the river. Needless to say, we suddenly remembered all kind of mantras, from the Great Compassion Mantra to the Fearlessness, to the Shurangama...

The welcoming and warmth we recieved from every single one of our CSS Montreal brothers and sisters continued to exude everyday. We felt cared for like members of a family, not as guests. Being "CSSEat" the quality of the food certainly did not escape our radar, but after enjoying the food there, we had to admit that title is in a very precarious position of sliding over to CSS Montreal. We would definitely have to up the ante when we got back. On the last day, we got to visit their new center, and what a wonderful place it is -- right next to Tim Hortons too. Convenient for a quick gathering before and after class to keep hearts pumping.

It would have been a very special trip just to get to know our Dharma brothers and sisters from Montreal better, on their own turf, but we were also fortunate to be given the Dharma of the 6 Hands of Kuan Yin. What a privilege that was! Thank you Thay for your continued caring and guidance to raise our level of consciousness (not an easy job, I'm sure) and all of the CSS Montreal brothers and sisters for a very memorable trip.

Mai Ly (CSS East)

Please email all suggestions to: thuyv@videotron.ca