

# ***COMPASS SPIRIT*** ***MONTREAL***



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**July 2017**

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## **Special Event Invitation**

Compassionate Service Society (CSS), the Ahmadiyya Muslim Community, Rt. Reverend Alexei Smith (Ecumenical and Interreligious Officer of the Archdiocese of Los Angeles) and Dr. Philip Clayton (contemporary American philosopher of religion and philosopher of science) cordially invites you to be part of this special event:

Religious Unity Meditation Day -  
**July 8th 2017**  
**Long Beach Convention Center**  
**100 S. Pine Ave, Long Beach, CA 92802**  
Register at [unity.compassheart.com](http://unity.compassheart.com)



## Meditation for Religious Unity



Rt. Reverend Alexei Smith, [Imam Mohammed Zafarullah](#), Dr. Philip Clayton, and Venerable Master Heng Chang at a press conference on Friday 6/16/17 for the Meditation for Religious Unity event.

### [Thầy Hằng Trường Press Conference MRU July 2017](#)

On July 8th, the CSS is hosting an event called “Meditation for Religious Unity” to promote understanding and empathy between different religious communities. There may be differences in the principles and teaching between various religions, but we are all human beings with similar ethical values and compassionate hearts, especially when the sacrificial kindness, loving, caring and all the worldly suffering has touched us. Understanding and empathizing means to listen and feel as one with sincere voices and genuine words that emerge from the heart and not from polished, dogmatic and prejudiced teaching.

For this reason, on the day of “Meditation for Religious Unity,” each religion will offer a cultivation practice that goes beyond preconceived and dogmatic ideas, to enable everyone to immerse into the state of self-mastery and spiritual liberation, specifically catered to each religion. For example, from Buddhism, we will have the Tea Meditation, which is a special practice to demonstrate the essence or core of Buddhist teaching, loving kindness and meditative concentration, or Compassion and Wisdom.

Each faith in attendance will also offer a similar meditation method to help us understand the profound teaching of love and compassion from their distinctive beliefs. If we truly aspire to expand Great Compassion – Great Wisdom, loving kindness, and inner serenity - then inner peace and peace from without will surely be achieved.



## Our Grand Opening

How thrilling it was to welcome so many new participants to join the Integral Tai Chi classes at our brand new headquarters last June 4th! For this special occasion, we repainted the rooms, decorated them, planned the day's program, printed pamphlets to present our organization's activities and arranged whole new classes. We also cooked delicious vegetarian dishes and had a good variety of choices for lunch. The instructors as well as their students practiced hard to be able to introduce the essentials of Integral Tai Chi and show its benefits. Invitees were able to appreciate performances from different levels and styles: from Exercises for Health and Happiness to the standard Integral Tai Chi and CK10 Flows.

The elderly class, which included a student of over 85 year old, was the first to perform. They demonstrated Exercises for Health and Happiness to the public. They were all very thrilled and excited and asked to play music during their performance without fear of being distracted or forgetting their movements.



Please watch this video resuming our Open House:  
[Compass Montreal Open House](#)



In addition to elaborate Tai Chi performances, invitees were able to taste delicious vegetarian dishes. Smiles, laughter and friendly conversations took place within our new headquarters. Many people enrolled in our Tea Meditation session for the first time, which was open twice for the general public during that day. Tea Meditation guests do not need to have meditation experience. The tea master guided the guests, telling them how to consciously drink the tea and how to recognize their True Mind. The tea master, with assured gestures and guidance, was able to create a serene atmosphere so that tea guests could focus on their breath and experience their inner calmness from which they could recognize their True Mind.





## New Classes at our Main Center 8059 St-Michel

Starting June 12th, new Integral Taichi classes will be available at our new main center:

### 1) **Beginners Class**

Monday morning: 9:00 AM - 11:00 AM

Thursday morning: 9:00 AM - 11:00 AM (Starting July only)

Sunday morning: 10:00 AM - 12:00 PM

### 2) **Intermediate Class**

Wednesday evening: 7:00 PM - 9:00 PM

### 3) **Advanced Class**

Wednesday morning: 10:00 AM - 12:00 PM

Friday morning: 10:00 AM - 12:00 PM

Sunday morning: 10:00 AM - 12:00 PM

### 4) **Exercise for Health and Happiness (Starting July only)**

For those who have never practiced Integral Taichi or for those who would like to acquire a good basis of Integral Taichi:

Tuesday evening: 7:30 PM - 9:30 PM

### And **Meditation Class for Beginners**

Thursday evening: 7:30 PM - 9:00 PM

Saturday morning: 10:30 AM - 12:00 PM

Depending on the demands, more classes might be open throughout the year.

For more information about each class, please contact Chi by:

**Phone: 514-738-8905**

**Email: [echi.pham@gmail.com](mailto:echi.pham@gmail.com)**

## Upcoming Events

### 1) Bodhisattva Class

A bodhisattva class will be given by Master Heng Chang in California next **July 15th & 16th from 10:00 AM to 9:00 PM** and will be transmitted live through webcast in Montreal, at: **8059 St-Michel street.**

For more information, please contact **Trang** by phone at **514-377-9035** or by email at [trangluong2275@gmail.com](mailto:trangluong2275@gmail.com).

### 2) Annual picnic

This year's annual picnic will take place **Saturday July 22th** at **Parc Angrignon** (metro Angrignon) **3400 boul. Trinitarian.**

This is a great opportunity to meet each other and participate our outdoor activities during a sunny day this summer with our big family of CSS Montreal. We invite all the students from Integral Taichi classes, Meditation classes, Bodhisattva classes and volunteers to join us with their family and friends. Please contact your instructors to register.

### 3) Training and Certification for iTC Instructors and Assistants



"Be and iTC instructor, become a Bodhisattva!"

A training program for iTC instructors and assistants and a week for aspiring instructors and assistants will be held in Montreal this August with members of Global iTC at our new center, **8059 St-Michel street:**

- **From August 17th to 20th:** Training for certified instructors and assistants
- **From August 21st to 27th:** Training and certification for aspiring instructors and assistants. Any student that have learned all 10 forms of Integral Taichi and would like to become an instructor is welcome to register to this event. Participants will revise the techniques and theories of each form and will learn teaching skills.

For more information about this program, please contact:

**Thắm: 514-702-8989**

**Liên: 514-362-1794**

## Integral Taichi (CK10)

CK10 is part of the Integral Taichi series, a serie of "nurturing" exercises created by Master Heng Chang.

Integral Taichi - CK10 has 10 forms. Each form is a manifestation of the Yin & Yang principles, which links the philosophy of Heaven (universal truth) and Earth (philosophy of human behaviour). If you live without connecting with the principles of the universe and with the precepts of human behaviour (such as filial piety), it is difficult to be healthy.

When we practice, each form is accompanied with a meaningful and complementary mantra, in a flow of movements with rich content, symbolizing the Path of Cultivation. Therefore, this pratice is beneficial **for both body and mind**.

Good for the **body**:

The internal energy is activated, flowing, connected, unobstructed.

Good for the **mind**:

CK10 philosophy is based on the spirit of Prajñā , the ability to constantly evolve, transcending the ego.

The 4 forms which represent the essence of **transcending** are:

1- Frog jumping out of the well

*The well is a symbol of survival instinct or fear.*

2- Buffalo moving out of the mud

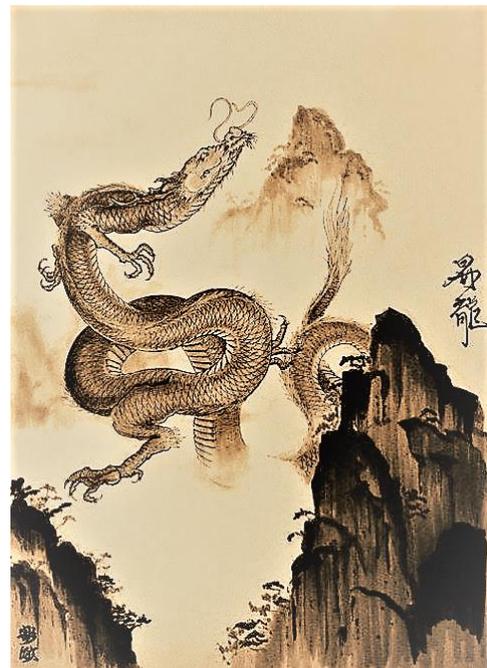
*The mud represents desires, such as laziness or greed.*

3- Crane flying off the hill

*The hill symbolizes attachment to fame.*

4- Dragon flying out of the mountain

*The mountain is the accumulation of bad habits throughout time and past lives, such as the attachment to the notion of subject-object (duality).*



Once we transcend these, we can experience **self-mastery**.

Self-mastery is going beyond the self, thinking about others, listening to their suffering. The transfer of the subject from self to another (such as having compassion) makes us free.

The ability to move away from the attachment of self (such as transferring it to others, to the truth, to Buddha or the process of constant change) is Prajñā.

Self-mastery has characteristics such as fearlessness, cheerfulness, gentleness and self-reliability.

The 4 forms which represent the essence of **self-master** are:

1- Phoenix gently flying into space

*The spirit is not attached to anything, flying freely.*

2- Tiger roaming fearlessly in the forest

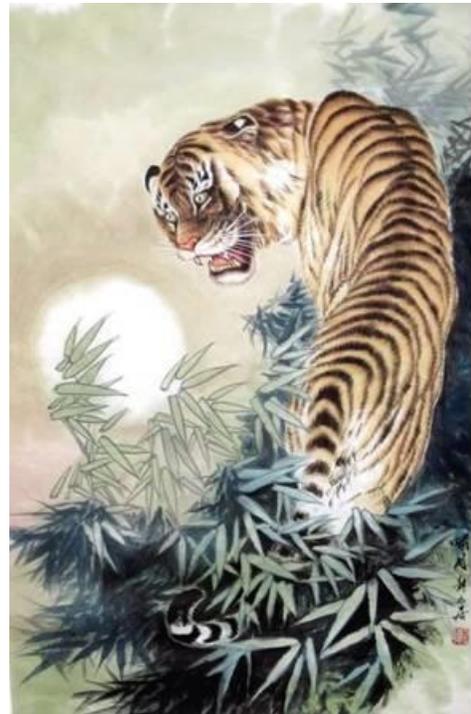
*The forest represents the realm of thoughts. This form symbolizes the change of radical views, merging with the middle path and eliminating attachments.*

3- Butterfly lightly landing on a flower

*The lightness of the butterfly expresses the idea of self-control, openness of mind and change of view. It is the balance between the body and the mind, between spirituality and the material or physical world.*

4- Turtle freely moving underwater and on shore

*The circular movements of the arms represent the cycle of seed to fruit and fruit to seed. The philosophy of causality is like the image of our shadow following our body. Both directions of the circles, whether clockwise or counterclockwise, are equally harmonious. Self-mastery provides freedom in life.*



Finally, the **harmony** between Heaven and Earth leads to empathy, non-contradiction, mutual assistance, connection, condescendence, forgiveness, gentleness in behavior and language. We evolve from one form to another to be able to reconcile, adapt to people, constantly changing ourselves to live in harmony with people and with the philosophy of Heaven-Earth.

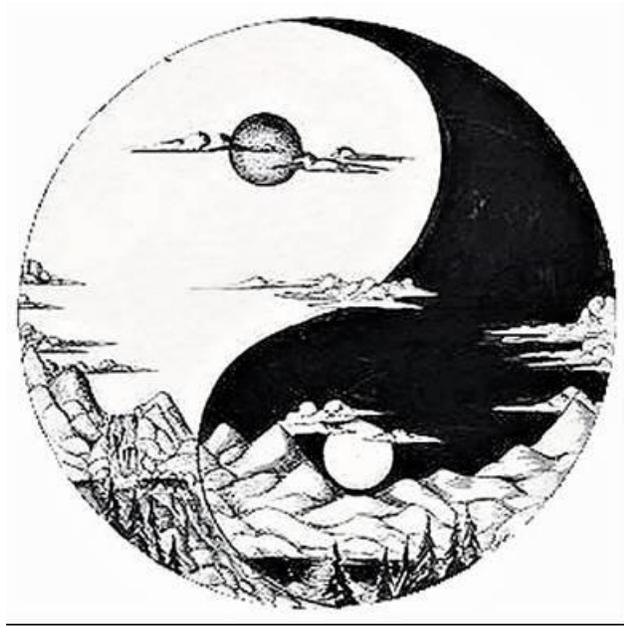
The 2 forms which represent **harmonious spirit** are:

## 1- Heaven

The two arms form a horizontal (positive) circle, in harmony with the positive energy going up and down along the axis of Heaven-Earth. The Heaven form also represents the image of dawn, the beginning of a new day. From the core, energy raises and continuously evolves from there.

## 2- Earth

The two arms form two vertical (negative) circles, in harmony with the energy of the Earth, symbolizing Earth, serenity, containment and tolerance (purification). The Earth form also represents the image of the sunset. Sunset ends the day, the sun can no longer be seen but it is always there.



Therefore, CK10 relies on the principles of constant transcending, self-mastery and harmony. It is the process of life to constantly receive, constantly changing our views towards the truth, good and beauty.