

COMPASS SPIRIT

Montreal



August 2017

Meditation for Religious Unity

On Saturday July 8th, “Meditation for Religious Unity” was held at Long Beach Convention Center. This gathering was initiated by our Master and sponsored by Compassionate Services Society (CSS).

Even though all the religions have Compassion at their root, each has adopted a specific way to teach it, according to its origin or location so that the general population could understand it. Overtime, these locality-based teachings became the dogmas backed up with “my God,” which unfortunately has become the dividing force amongst people to the extent that they hate, fight and harm each other in the name of their religion which teaches Compassion, Love and Oneness.

Master invited different religious groups to this event where each



group would offer their specific practice. All groups had the opportunity to share their way and appreciate other religious practices – an expression of each core values. This way, all participants were able to experience Compassion beyond the seeming differences.

Tea Meditation was offered from CSS, representing many different Buddhist groups. A Catholic group offered a chanting from the Bible followed by a short meditation/prayer. A Muslim group offered their mid-day prayer.

Master invited 200 guests to Tea Meditation – needing about 100+ people to make and serve tea. From Montreal, Liên, Thuy (Te) and Naoko participated.

The day before the event, CSS members loaded many trucks with an enormous amount of equipments, tea pots, cups, trays, etc. to set up the site in the Convention Center. After the purification ceremony, we had a dress rehearsal until almost midnight. On the central screen were images of a lotus flower, passages from the Bible, and the Qur'an. On both sides of the screen were many white folded paper doves (symbol of peace) soaring into the sky.

On the event day, invited guests as well as large audience/participants started to arrive around 9:00 AM. Mixed in the Vietnamese population were Sikh men with turbans, Muslim men with tall hats, women in colourful scarves accompanying dressed-up children, Buddhist monks in orange, black, and red, nuns mainly in grey, Christians in typical American clothes... The Convention Center saw such a large diversity of people!

The ceremony began with the drums. The first was our Tea Meditation representing Buddhist practice. The tea servers lined up in silence after having exercised and relaxed together. Tea makers had meditated before making the tea. When we brought tea to the guests, we found many guests were more nervous than we were, as many of them hadn't had much experience of sitting still on the floor. Tea Meditation ended in peace and serenity.



Thuy and I ran to the dining hall right after the Tea Meditation to set up lunch for the guests, so we missed the opportunity to participate in the Christian practice.

Around 1:00 PM, the Muslim group called for a prayer. They all did the ablutions before the prayer and by 1:30 all of the participants lined up facing Mecca. Following their tradition, we made men's lines in front of the women's, but in each line were Muslims, Christians, Buddhists and non-religious people all mixed up and standing shoulder to shoulder. Imam led the prayer and the participants followed. After the prayer, many Muslim women excitedly expressed their joy of sharing their practice with open-minded people of other religions.

When all the rituals were over, all the participants sat in a circle to share their insights and experiences. Leaders from different religions said the same thing - "What lies at the base of all religions is Compassion, Light. Each religion expresses the Light in one specific colour – one colour of Light through a prism. If we combine all those colours, it will become clear, transparent Light." All of them talked about oneness and the significance of this event. One transgender man, who by their appearance had been led to the women's line stood up and said, "Usually when I was treated this way, I would feel very uncomfortable and protest. But at this get-together, where we all try to see the oneness beyond differences, I didn't, even though I wasn't totally comfortable."

Joy and peace filled the big room and people hugged each other here and there and all over the place. Many asked us to organize this event again and again.

As for me, personally, who grew up a Catholic, practiced Hindu meditation, became a Sufi, volunteer at the Jewish hospital and now practice Buddhism under Master's guidance, this event was touching, reassuring, meaningful and hopeful.

Please check out some great pictures of the ceremony in the links below:

<https://www.flickr.com/.../72157683347914133/with/35438534480/>

<https://www.flickr.com/.../149848349@N.../sets/72157683349660514>

Compass Montreal Annual Picnic

Aside from encouraging people of all ages to stay active, Compass Montreal organize a picnic every year, creating an occasion for everyone to gather and meet each other. Organized at the Angrignon Park, participants have the opportunity to practice CK10 in nature, enjoying a sunny day. This year, there were nearly 200 people taking part in this event.

Starting at 9:00 AM, organizers were ready at the Angrignon Metro Station and parking lots to welcome participants and lead them to the picnic tables. Participants felt happy and right at home as soon as they stepped into the beautiful environment and were warmly welcomed by CK10 instructors and friends.

The day started with a short CK10 training, followed by a variety of outdoor games. Several elderlies have shared positive comments: "It was so much fun, I didn't feel tired at all! I felt younger!". At noon, a delicious vegetarian lunch was served by the cheerful cooking team.

We would like to thank the people who have worked hard on the lunch that day: the cooking team, those who have donated food and the volunteers who have served them. Thank you to those who came earlier to accompany the participants from the stations or parking lots to the right location. Thank you also to the organizers and those who have helped us animate the games and exercise session. Thank you to all the participants who have joined us that day. Finally, thank you to the photographers who have shared their beautiful pictures for everyone to enjoy and download: [Picnic 2017](#)

Upcoming Events

Training for Instructors and Assistants

with Khai Nghiễm.

From **August 17th to 20th 2017**

Location: **8059 St-Michel**

Thursday August 17th:
From **9:00 AM to 8:00 PM**

Friday August 18th:
From **2:00 PM to 9:00 PM**

Saturday August 19th:
From **9:00 AM to 8:00 PM**

Sunday August 20th:
From **2:00 AM to 9:00 PM**

CK10 Certification Training

with Khai Nghiễm

For aspiring instructors and assistants

From **August 21st to 27th 2017**

Location: **8059 St-Michel**

Monday August 21st to Saturday August 26th:

From **9:00 AM to 6:00 PM**

Sunday August 27th:

Starting at **9:00 AM**

Graduation ceremony & dinner:

From **4:00 PM to 7:00 PM**

For more information about this event and its schedule, please contact

Thả̃m: 514-702-8989

or

Liễn: 514-362-1794

Bodhisattva Class

A bodhisattva class will be given by Master Heng Chang via webcast

Saturday August 12th:
From **10:00 AM to 9:00 PM**

Sunday August 13th:
From **11:00 AM to 9:00 PM**

Location: **8059 St-Michel.**

For more information about the bodhisattva class, please phone **Trang: 514-377-9035** or email:

trangluong2275@gmail.com

Short-Term Home-Leaving and Dharma Protector 2017 Registration

Dear all,

We are happy to announce that the online registration is open for the Altruistic Temporary Home-Leaving:
[2017 XGVT & BTHP Registration](#)

Like every year, we cultivate collective Samadhi for a successful Mandala ceremony on December 10th.

This retreat will be geared into practicing Kuan Yin Bodhisattva's conduct with her 6 Hands and Eyes - the essence of the Mandala.

The monastic retreat will take place on Camp Buckhorn in Idyllwild from November 30th to December 7th. World Peace Gathering will be held the first time at the Anaheim Convention Center on December 8, 9 and 10th.

We're looking forward for 250 Temporary monks and nuns this year!

The Three Virtues

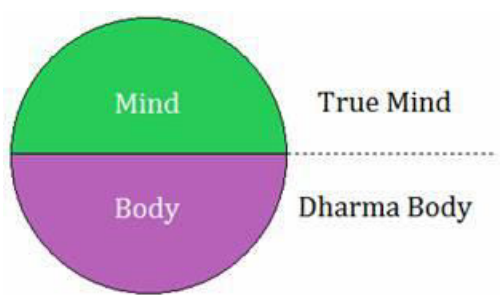
(From the book "Altruistic Home-Leaving: A Bodhisattva Path" by Master Heng Chang)

Shakyamuni Buddha passed down to his disciples three precious things. These are the [sash](#), the [sitting cloth](#) and the [precious bowl](#).

Those three precious tools can symbolize three characteristics that the Buddha wanted to transmit to posterity, namely, Three Virtues that include [dharma body](#), [liberation](#) and [prajna \(wisdom\)](#).

1- Dharma Body (dharmakaya)

It is the true body or true nature. We now have a physical body of bone and flesh because we are in the circle of the Five Skandhas. The body is always linked to the mind. If this body exists, its equivalent part called mind also exists. Body (Form Skandha) and mind (Skandhas of Feelings, Thoughts, Habits and Consciousness) cannot be separated. Therefore, in the Twelve Nidanas (the twelve links in the chain of cause and effect), body and mind are called Name-and-Form, meaning mind and body.



When we attain the True Mind, our mind transcends beyond Feelings, Thoughts, Mental Formations, Consciousness, and our body is no longer stuck in the shape and form of Form Skandha. At that time, the equivalent part of the True Mind is called Dharma body. Thus, both the True Mind and Dharma body are invisible, formless, going beyond the circle of birth and death, of reincarnation, of duality and differences. Therefore, many places in sutras and canons treat the two terms True Mind and Dharma body as synonyms.

The sash is the precious cloth to cover the bodies of monks and nuns. When wearing the sash, the mundane physical body is covered. With the sash on, we leave the mundane world, changing to the life of virtue, serenity and transcendence. Thus, the sash symbolizes Dharma body, a body transcending from the mundane world.



(To be continued)