

# LOVING KINDNESS: Cultivating a Boundless Heart

“Just as a mother loves and protects her only child at the risk of her own life, we should cultivate boundless love to offer to all living beings in the entire cosmos. Let our boundless love pervade the whole universe, above, below and across.” From the Metta Sutta (Discourse on Love).

Six Days of Mindfulness Practice with

**Dharmacharya Chan Huy and the Beginner’s Mind Sangha**

October 18<sup>th</sup> to 23<sup>rd</sup>, 2011

Our dear friend, Brother Chan Huy has been leading our community in Retreats and Days of Mindfulness for over a decade. He brings us close to Thich Nhat Hanh as his family has followed Thay’s teaching for 4 generations, grandmother to his own daughters. He has been around Thay since he was 5 years old. He was born in France, raised in Vietnam until age 18 and then moved to Canada with his parents. He provides a strong bridge from Vietnamese to Western cultures. He is a happy husband, father and recently retired engineer bringing us great depth of practical life experiences to his teachings.

## **The Schedule of events:**

- 18<sup>th</sup> Public Talk in the evening with Chan Huy  
Place and time to be announced.
- 19<sup>th</sup> 7:30 to 9pm Dharma Talk at Sangha  
Boise Yoga Center – 3113 W. Rose Hill

These first two events are free to the public. Financial contributions (dana) will be accepted to support our teacher.

## **Non-Residential Weekend Retreat Thursday and Friday evenings. Saturday and Sunday days.**

- |      |                                       |                        |
|------|---------------------------------------|------------------------|
| 20th | Opening evening session: registration | 6:00 p.m. to 7:00 p.m. |
|      | Orientation/Dharma Talk               | 7:00 p.m. to 9:00 p.m. |
| 21st | Friday evening session                | 7:00 p.m. to 9:00 p.m. |
| 22nd | Retreat day                           | 8:30 a.m. to 9:00 p.m. |
| 23rd | Retreat day                           | 8:30 a.m. to 4:00 p.m. |

The retreat will be held in the Harris Ranch clubhouse. (See the map link at the end of this document.) The cost will be \$35 for the weekend. A dana contribution of \$75-100 is suggested for the teacher for his leadership and presence at our retreat. However, attendees may give according to their means. **Your presence is the best gift you can give to Chan Huy and to our community.**

**Scholarships are available.**

The community will provide light snacks during the day and a hot meal on Saturday evening. Breakfasts will be eaten at home, and we'll bring our lunches for both retreat days. Some straight-backed chairs will be available for sitting meditation, but you should bring your own pads, cushions, or benches. We will do outdoor walking meditation so bring appropriate shoes. Stories, songs, poems and retreat experiences may be shared at closing circle.

Retreat size is limited by the capacity of the main room. Early registration is suggested.

Registration and information:

Please contact our coordinator with questions about any of the events:

Dave Sup : 342-4248  
Email: [davidsup1@aol.com](mailto:davidsup1@aol.com)

## Registration Form for the Retreat Only:

Name:

Phone number(s):

Email address:

Do you need scholarship support?

There are tasks to do just before the public events Tuesday and Wednesday evenings. We also have preparation prior to and tasks during the retreat. I would like to help in some way:

Email this form to Dave at the address above, or give it to him at Sangha. Or you may mail it with your check (**All checks, including DANA, payable to Beginners Mind Sangha**) to:

Dave Sup  
4053 S. Oak Brook Way  
Boise, ID 83706

It is fine to pay for the retreat on Thursday evening. A registration table will be set up by 6:00 p.m.

Suggested reading: "Teachings on Love" Chap 2 through 6, by Thich Nhat Hanh

Here is a link to Google Maps for the Harris Ranch Clubhouse:

Link:

<http://maps.google.com/maps?q=Idaho&f=s&ie=UTF8&hq=&hnear=Idaho&ll=43.565373,-116.120059&spn=0.00765,0.013304&z=16>