

Compass Spirit

Montreal



Nov.-Dec. 2017

Introducing 2017 WPG Mandala of Peace and Healing

Hello everyone, today I would like to talk about our 2017 World Peace Gathering (WPG).

This is a gathering that we organize yearly in December. It has another name, “The Boundless Light Assembly.” Why is it called Boundless Light? Boundless Light is one of the thirteen titles of the Amitabha Buddha. Some of his titles are Limitless Light Tathagata, Boundless Light Tathagatha, Unobstructable Light Tathagatha, Pure Light Tathagata, etc. All these titles have the word “Light” because it is the Light within us, the immense clarity within us, which is also the emanation of infinite love. Therefore, as we gather at this assembly, we need to unfold this inherent limitless clarity, this innate boundless love. Before we leave this world for the Amitabha Buddha’s Pure Land, we need to cultivate at this Boundless Light Assembly first.

This year, like every year, we will have the “three steps, one bow” and Amitabha heartfelt repentance. The Amitabha repentance is essential because it pays homage to the great characteristics of the Amitabha Buddha. We can make vows to reach the Amitabha Buddha in our heart and mind and in the Pure Land right at this moment. The method is from the Avatamsaka Sutra. As many people can witness the Amitabha Buddha in this mundane life, we manifest his value in this life. That is why we call it the Amitabha Buddha Assembly.

This year, the World Peace Gathering has a unique aspect than last year. Instead of having the Amitabha Buddha Mandala, we will have the Great Compassionate Kwan Yin Mandala. We can also call the Great Compassionate Kwan Yin Mandala the Healing Mandala of all terminal illnesses. What is a terminal illness? It is an illness that has no cure or has advanced to a stage where it can no longer be cured.

First, we could refer to natural disasters as illnesses, such as the floods in Houston, Florida, and Vietnam, the earthquakes in many places and the wildfires in California. Second, there are the human-made sicknesses. What are the human-made illnesses? One of them is the new phenomenon in this modern time - the mindless mass killing by heartless gunmen. Twenty, thirty years ago, we never heard of this. Now, there are more and more significant killing sprees. This is a terminal illness of modern day society.

Next, we should consider illnesses that caused by food and drink. The toxins that result from processing the food and beverages bring about many terminal diseases. That is a reason for us to eat a healthier diet. We also need to take concrete action, use the power of our cultivation to inspire and change the corrupted minds into wholesome ones, and help the sick to heal.

The above examples are the reasons we could not pray on our own but have to rely on the healing power of the Great Compassionate Kwan Yin Bodhisattva.

Why are we not doing the Amitabha Buddha Mandala this year with the Amitabha as our host but instead we have Kwan Yin Bodhisattva?

At the center of the Mandala, we will place the statue of Kwan Yin with six hands to symbolize the healing power for the human illnesses: greed, anger, ignorance, arrogance, doubt, and improper view. Six hands cure six fundamental causes of sufferings to help liberate us and ease illnesses of the populace and individual and natural disasters.

To achieve that, we need the collective focusing power (or Samadhi power) of a big group. The Samadhi power is the power that the Buddha mentioned in helping Maudgalyayana's mother. The Buddha relied on the transference of merits from the collective Samadhi power of the holy order to save Maudgalyayana's mother, liberating her from hell and delivering her to the bright light of Nirvana.

Now, we also need that kind of collective Samadhi power, but how do we find it? I would like to ask that you invite as many monks and nuns as you can. Ask those who practice genuinely to lend us their Samadhi power so we can dedicate the merits to help all sentient beings.

First, we need the collective Samadhi power from the attendees. Next, we need the power of love. What is the power of love? It is the collective power of love from the loving and caring people in attendance. Hopefully, they will be the ones who will take part in the short-term altruistic home-leaving program. In this program, they will practice for 7 days, from November 30th to December 7th, then attend the Assembly for 3 days, December 8th, 9th, and 10th, and return the precepts on December 11th.

For these 11 days, the temporary home-leaving monks and nuns will help exponentially expand the collective power of love. Such power will attract the Buddhas and Bodhisattvas from the ten directions; they will then use their miraculous power to heal the natural disasters and human-made diseases.

This task then is a group effort in which we should all participate. It is best if you can enroll in the home-leaving program or the Dharma protector program for 10 days. If not, please help to spread the words to all your loved ones, family, and friends. Those who care can help us pray in the 3 days, December 8th, 9th, and 10th, at Anaheim Convention Center, to lessen the natural disasters and illnesses.

Each of the three days is a whole day workshop, but if you cannot be there the entire day, then attend as much as you can. Please check out the link: www.phaphoidida.com for more information.

Please join me and all the loving and caring people to spread the light of the Amitabha Buddha.

Thank you, everyone.

From Dharma Espresso by Master Heng Chang

(Translated and transcribed by Compassionate Service Society)

*Prayer does so many things.
It heals, comforts, strengthens, and brings faith.*

JOIN US FOR HEALING PRAYERS FOR THE SICK

 Compassionate
Service Society



WORLD PEACE GATHERING

Mandala of Peace and Healing

December 8 - 9 - 10, 2017

ANAHEIM CONVENTION CENTER

800 W. Katella Avenue, Anaheim, CA 92802

CompaSS Center
420 S. Brookhurst St. Anaheim. CA 92804

REGISTER AT:
wpg.compassheart.com
714.561.5974

Upcoming Events

Bodhisattva Class

A bodhisattva class will be given by Master Heng Chang via webcast:
Saturday November 11th from 10:00 AM to 9:00 PM
Sunday November 12th from 11:00 AM to 9:00 PM

Location: 8059 St-Michel

For more information about the bodhisattva class, please email Trang: trangluong2275@gmail.com



Tea Meditation Training

A tea meditation training will be given by Naoko:
Saturday November 11th from 3:00 PM to 5:00 PM

Location: 8059 St-Michel

For more information about the tea meditation class, please email Naoko: naokonchang@sympatico.ca or Thuy Tê: thuyte@gmail.com



Dharma Espresso

We would like to invite you to listen to the Dharma Espresso in English:

<https://soundcloud.com/compassheart/sets/dharma-espresso-english>

And every Friday, Dharma Pinkberry for young people:

<https://soundcloud.com/compassheart/sets/dharma-pinkberry-on-friday>

Doors of Hope

Doors of Hope is the name of a specialized housing co-operative in Longueuil dedicated to the handicapped people. All residents have limited mobility and most of them are wheelchair-bound. They live in their own units, many with their own families.

In addition to the amenities offered by the specialized units, the co-op also uses a community-based approach to support and enrich the lives of its residents. Within this context, members of the co-op participate in a variety of committees and organize for themselves many social and cultural activities.

Earlier this year, a member of the co-op, Ms. Claire-Andrée Daigle, has approached CSS-Montreal (via her sister who has attended an integral Tai Chi – iTC – class in South Shore) to inquire about the possibility of organizing a Tai Chi class in her co-op. Thus began this special CK10 class for the handicapped.



The challenges

We listen to iTC instructor Long Huynh explaining the challenges of such class.

“At first glance, there is not much of a difference between this class for the handicapped and several others already offered by CSS-Montreal to the aged persons or people with special needs. There is a general desire from the participants to improve their physical condition through mild exercise and there are a variety of teaching options to address that desire. But after the first session with these special individuals, I realized that they would need nothing short of a truly integral Tai Chi and one adapted for the wheelchair-bound.”

“By *truly integral*, I mean to instill in their mind the wholesome, non-divisible aspect of Body and Mind. While their bodies are severely handicapped, their minds remain fully capable. It would take a guided approach in the spirit of CK10 to improve not only their physical fitness but also their spiritual one. By sharpening their mind and calming their heart, we hope that they would find the means to regulate their emotions and accept their conditions.”

“And by *adapted for the wheelchair-bound*, I mean to adjust, by necessity, each movement to suit the individual limitations of each person (and her wheelchair). Many of them suffer from problems related to the spinal column, although none associated with the normal aging process. As such, they cannot bend or twist the upper body as the CK10 movements suggest. Others have nerve-related maladies such as multiple sclerosis (MS) or epilepsy, so that involuntary seizures occur quite frequently which distract not only the affected person but others as well.”

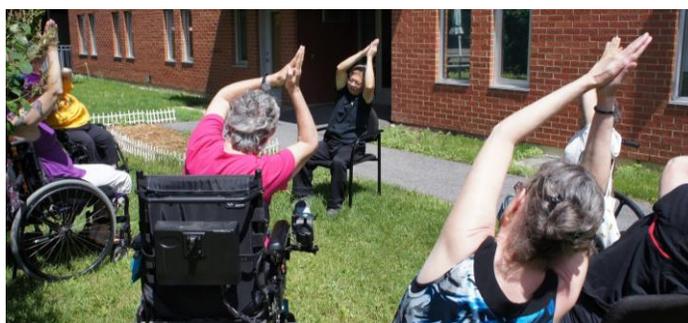
The results

The class was a qualified success just after a few sessions. Several students reported their immediate improvements such as less fatigue, better mood, or newer sensations in the body. At the end of the first class, as part of the course evaluation process, some have given positive comments about the impact of the practice upon themselves. Not just physically, but also emotionally and spiritually.

Jacinthe, a young mother of 2 who is affected by a spinal condition called Foraminal Stenosis, exuded: “I feel much better today with my body. My range of mobility has improved – I can bend and twist a little without shedding tears of pain – and best of all, my general state of recurring anxiety has almost gone.”

Céline, a 60-year old lady having MS, commented on the social impact of the class: “It allows me to move and to socialize. It pushed me to come out more often. I learn to appreciate more the needed equilibrium in life, the Yin and the Yang of things.”

Linda, another 60-year old lady with MS, confided: “I love the spiritual aspect of iTC. It touched me when I heard the story of the Frog (awakening), the Dragon (self-liberation of ego) or the Butterfly (transformation). My favourite one is the Tiger (self-mastery). There is so much that I can use in my life.”



Looking Forward

“We are encouraged by the improved conditions of these special students”, iTC instructor Long Huynh said to us recently. He continued, “Despite the physical limitations and the associated emotional burden that each one of them is facing every day, they have demonstrated a willingness to overcome those obstacles and feel good about their effort.”

He concluded, “The positive feedback from them gives us a warm feeling that we are doing something right and useful. Integral Tai Chi gives them Health (generally speaking) and Healing (to some extent), but above all, it gives them Hope for a better-quality lifestyle. Its teaching is now recognized as one of the doors of Hope that the founding members of this housing co-operative have initially aspired for.”



Please email all suggestions to: thuyv@videotron.ca