



Breath of Earth, Breath of Life!

*A Mindfulness Retreat in the
Tradition of Thích Nhất Hạnh
October 3-5, 2008
Marillac Center, Leavenworth, KS*

Meditation is not to escape from society but to come back to ourselves and see what is going on. Once there is seeing, there must be acting. With mindfulness, we know what to do --and what not to do--to help. -- *Thích Nhất Hạnh*

During this retreat we will direct our practice to our Mother, the Earth. She has suffered gravely from our lack of mindfulness. Together we will look deeply into how we inter-are with the Earth, that we live and die with her and water the seeds that give rise to a new relationship with all beings, people, animals, plants and minerals.

Brother Chan Huy, True Radiance, will lead us once again. A Dharma teacher ordained by Thích Nhất Hạnh, Chan Huy lives in Ottawa, Canada and leads mindfulness retreats across North America.

*Heartland Community of Mindful Living
Kansas City, MO*

See MindfulnessKC.org for details and registration.

For questions, contact Richard at lunerchild@hotmail.com or 816-531-1272



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