






## Transformation and Healing

Attachment	Size
 <a href="#">Transformation &amp; Healing -Sutra on the Four Establishments of Mindfulness - Summary of the Sutra.pdf</a> [1]	67.58 KB
 <a href="#">Transformation and Healing-Observing Anger.pdf</a> [2]	112.88 KB
 <a href="#">Transformation and Healing-Observing Desire.pdf</a> [3]	95.45 KB
 <a href="#">Overcoming guilt and fear.pdf</a> [4]	93.39 KB
 <a href="#">Transformation and Healing - #11 Mindfully observing the Feelings p69.pdf</a> [5]	89.5 KB

MPC & MIAM, 6000 Côte-des-Neiges, Suite 110-115, Montreal, Qc, H3S 1Z8  
514-272-2832 - [info@mpcmontreal.org](mailto:info@mpcmontreal.org)

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### Links

- [1] <http://mpcmontreal.org/sites/pleineconscience.org/files/Transformation%20%26%20Healing%20-Sutra%20on%20the%20Four%20Establishments%20of%20Mindfulness%20-Summary%20of%20the%20Sutra.pdf>
- [2] <http://mpcmontreal.org/sites/pleineconscience.org/files/Transformation%20and%20Healing-Observing%20Anger.pdf>
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- [4] <http://mpcmontreal.org/sites/pleineconscience.org/files/Overcoming%20guilt%20and%20fear.pdf>
- [5] <http://mpcmontreal.org/sites/pleineconscience.org/files/Transformation%20and%20Healing%20-%20%2311%20Mindfully%20observing%20the%20Feelings%20p69.pdf>