

The Five Mindfulness Trainings Recitation

The Five Mindfulness Trainings [1] are the basis and the essence of the daily practice of Mindfulness. They testify to our commitment to become happier thanks to our desire to be in harmony with ourselves and with everyone around us.

The Five Mindfulness Trainings express the Buddhist vision of spirituality and ethics for the world. They are the concrete practice of the Four Noble Truths and the Eightfold Path taught by the Buddha. They show the way to true understanding and love, leading to transformation, healing and happiness for the individual and the world. They deepen Right View, which is the view of interbeing, and dissolve fanaticism, discrimination, fear and despair. To practice the Five Trainings in our daily life is already to be on the path of the bodhisattvas. Aware of how lucky we are to be on this path, we no longer have to worry about the present or be afraid of the future.

The recitation of the 5 Mindfulness Trainings of the Order of Inter-Being begins with a short meditation, followed by a formal ceremony. This activity is intended for all members of the Sangha who have received the 5 Trainings. Anyone can attend this monthly recitation which is part of the practice to which one has personally committed.

The recitation of the Five Mindfulness Trainings is done according to the evening schedule [2].

2021 Recitation Dates :

Lundis

- 25 janv 2021
- 22 fév
- 22 mars
- 26 avril
- 24 mai
- 21 juin
- 19 juil
- 16 août
- 20 sept
- 18 oct
- 15 nov
- 13 déc

Mercredis

- 27 janv 2021
- 24 fév
- 24 mars
- 28 avril
- 26 mai
- 23 juin
- 21juil
- 18 août
- 22 sept
- 20 oct
- 17 nov
- 15 déc

Thursdays

- Jan 28th 2021
- Feb 25th
- March - None
- April 1st
- May 6th
- June 24th
- July 22nd
- August 19th
- Sept 23th
- Oct 21st
- Nov 18th
- Dec 16th

514-272-2832 - info@mpcmontreal.org

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Links

[1] <http://mpcmontreal.org/?q=en/node/628>

[2] <http://mpcmontreal.org/?q=en/node/412>