



No Death No Fear: Transforming the Notion of Birth and Death

*A Day of Mindfulness (one-day retreat)
for Health Care and Human Service Professionals
from 9:30 to 16:30 on Saturday July 14, 2018
at Centre on Behavioral Health, The University of Hong Kong*

June 9, 2018

Dear friends,

You are invited to attend a Day of Mindfulness (DOM) for health care and human service professionals, co-organized by Centre on Behavioral Health, HKU and Plum Village Mindfulness Academy - Hong Kong. This DOM is part of our “Healthy Body, Healthy Mind” Initiative to integrate mindfulness practices to the physical and mental health fields.

The foundations of this initiative are the teachings and practices of Mindfulness based on the Discourse on Full Awareness of Breathing (Anapanasati Sutta) and the Discourse on the Four Establishments of Mindfulness (Satipatthana Sutta), as taught by the Buddha about 2600 years ago. We also studied how the mind works, based on the teachings of Manifestation- Only Psychology, which was systematized in the 4th century by the Indian Buddhist monk and philosopher Vasubandhu of the Yogacara Buddhist School. Zen Master Thich Nhat Hanh has used these teachings to form the foundation for meditation practices to help us nourish our body and mind, to develop insight and to help us transform pain and suffering into peace and happiness. Even though the teachings are from Buddhist tradition, the practices are non-sectarian and are open to people of all faith.



The topic for this DOM transforming the notion of birth and death. All things that are formed would be dissolved. Conditions are sufficient for us to be formed as a human being, and we call this process birth. When conditions are sufficient for us to be dissolved, we call it death. Birth and death are only notions. We have been in existence before being born and continue to exist after being dead. It is a manifestation process. No birth and no death belong to the ultimate dimension while birth and death belong to the relative dimension.

We can find the ultimate dimension right in the relative dimension, in our daily world of coming and going, of birth and death. How do we deal with the loss of our loved ones? How can we help them to cope with the pain and the fear of

being sick and dying? We will look into the [Discourse on the Teachings to Be Given to the Sick](#) for the answers. The pain can be greatly reduced when we dwell in peaceful and tranquil things, and the fear can be transformed to non-fear when we realize that birth and death are only notions.

In the DOM, we will practice listening to the bell, walking meditation, eating meditation, exercise meditation (mindful movements), and relaxation meditation (total relaxation) ... We practice to stop, to slowdown the thinking in our mind via bodily actions.

You can find more information about activities of past days of mindfulness at <http://mindfulnessacademy.org/en/programs/health-care-dom>

A sample program for the day of mindfulness is as follow:

- 09:30 Sitting and slow walking meditation (indoor)
- 10:30 Lecture
- 12:30 Lunch - Mindful eating
- 13:30 Total relaxation
- 14:30 Group discussion
- 16:00 walking meditation (outdoor).
- 16:30 Farewell

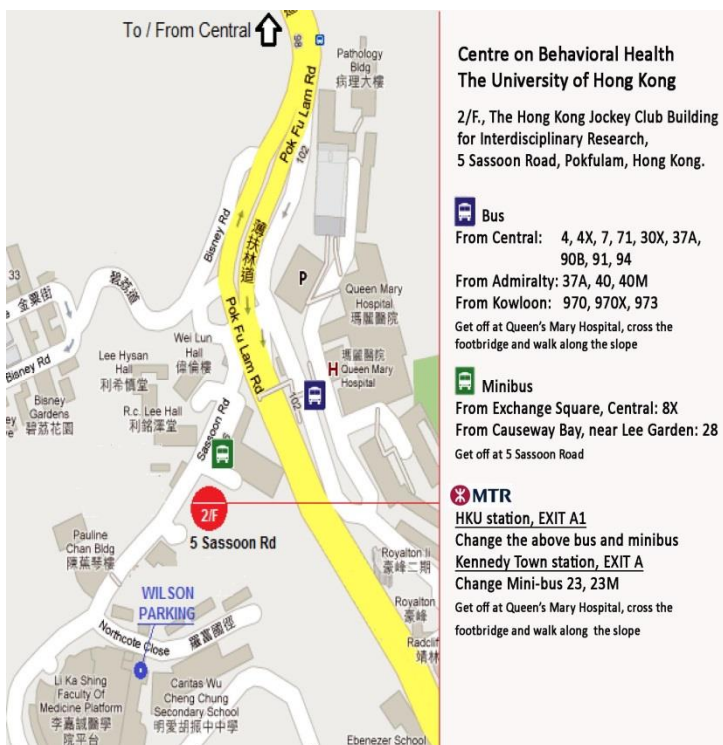
Location:

Centre on Behavioral Health,
The University of Hong Kong
2/F., 5 Sassoon Road, Pokfulam, HK.

香港大學行為健康教研中心
香港薄扶林沙宣道5號2樓

Fees: HKD200.00
(Including vegetarian lunch and tea)

How to register



Please fill in the below registration form along with the cheque and mail to Centre on Behavioral Health, HKU.

For details please refer to Plum Village Mindfulness Academy Website at mindfulnessacademy.org



Registration Form

<Transforming the Notion of Birth and Death >

A Day of Mindfulness (one-day retreat)

For Health Care and Human Service Professionals from 9:30 to 16:30 on Saturday, July 14, 2018

Please return the completed Registration Form along with the cheque by mail or in person to the below address. Please make cheque payable to **“The University of Hong Kong”**.

Centre on Behavioral Health, HKU

2/F., 5 Sassoon Road, Pokfulam, Hong Kong

Enquiry - Tel: 2831-5158 Fax: 2816-6710

Fee: HK\$200.00 (Fee paid is not refundable)

Title (please tick as appropriate): Prof Dr Mr Mrs Ms

First Name: _____ **Last Name:** _____

Correspondence Address: _____

Tel: _____ **Fax:** _____ **Email:** _____

Organization: _____

Health Care Profession: _____

Gender: Male Female

Age group:

<input type="checkbox"/> 20 or below	<input type="checkbox"/> 41-50
<input type="checkbox"/> 21-30	<input type="checkbox"/> 51-60
<input type="checkbox"/> 31-40	<input type="checkbox"/> 60 or above

Previous experience in Plum Village practice:

- None, it's my first time joining Plum Village practice
- Yes – DOM
- Yes – Residential retreat
- Yes – other practice activities facilitated by Plum Village sangha

Signature: _____ **Date:** _____