



Plum Village Mindfulness Academy

An Institute for Research, Education and Training in Mindfulness



香港大學行為健康教研中心
Centre on Behavioral Health, HKU

True Love: The Four Immeasurables

*A Day of Mindfulness (one-day retreat)
for Health Care and Human Service Professionals
from 9:30 to 16:30 on Saturday April 7, 2018
at Centre on Behavioral Health, The University of Hong Kong*

March 5th, 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 is true love, defined as love with the four immeasurables (brahmavihāras): loving kindness, compassion, joy and equanimity. Loving kindness is to bring happiness to others, compassion is to make others suffer less, joy is to bring out the joy in others and to be joyful at their happiness and well-being, and equanimity is to love without any conditions and discrimination. We will study the Discourse on Love, the Four Immeasurables and on how to cultivate peace and happiness in our daily life using these teachings.

Discourse on Love (Metta Sutta)

“He or she who wants to attain peace should practice being upright, humble, and capable of using loving speech. He or she will know how to live simply and happily, with senses calmed, without being covetous and carried away by the emotions of the majority. Let him or her not do anything that will be disapproved of by the wise ones.

“(And this is what he or she contemplates): “May everyone be happy and safe, and may their hearts be filled with joy.

“May all living beings live in security and in peace — beings who are frail or strong, tall or short, big or small, visible or not visible, near or faraway, already born, or yet to be born. May all of

them dwell in perfect tranquility. Let no one do harm to anyone. Let no one put the life of anyone in danger. Let no one, out of anger or ill will, wish anyone any harm.

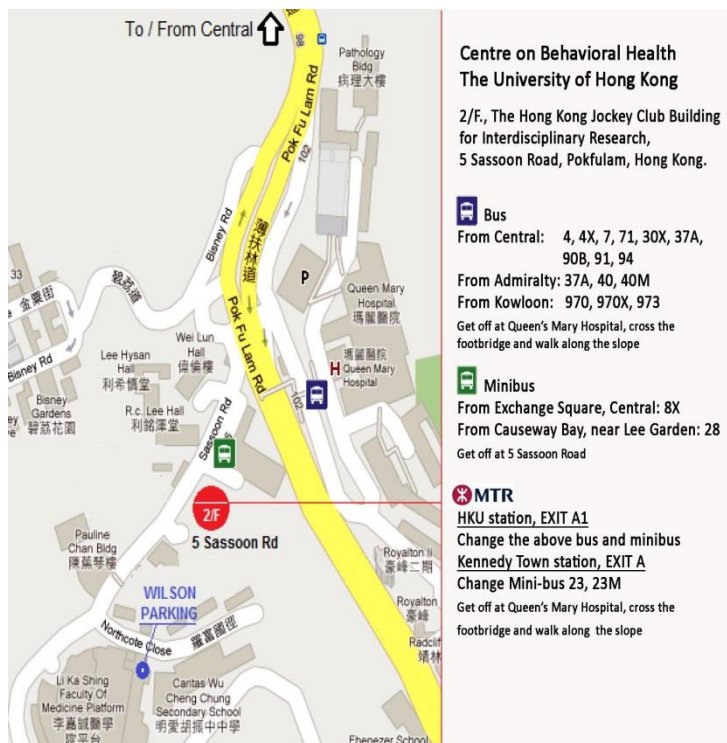
“Just as a mother loves and protects her only child at the risk of her own life, we should cultivate boundless love to offer to all living beings in the entire cosmos. We should let our boundless love pervade the whole universe, above, below, and across. Our love will know no obstacles. Our heart will be absolutely free from hatred and enmity. Whether standing or walking, sitting or lying, as long as we are awake, we should maintain this mindfulness of love in our own heart. This is the noblest way of living.

“Free from wrong views, greed, and sensual desires, living in beauty and realizing Perfect Understanding, those who practice boundless love will certainly transcend birth and death.”

Victor Frankl, an Austrian neurologist, psychiatrist, and a Holocaust survivor, wrote the following about his experience while working under harsh conditions in the camp: *“A thought transfixed me: for the first time in my life I saw the truth as it is set into song by so many poets, proclaimed as the final wisdom by so many thinkers. The truth – which love is the ultimate and the highest goal to which Man can aspire. Then I grasped the meaning of the greatest secret that human poetry and human thought and belief have to impart: **The salvation of Man is through love and in love.** I understood how a man who has nothing left in this world still may know bliss, be it only for a brief moment, in the contemplation of his beloved.”*

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:

- 9:30 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
G/F, SR5, 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號地下5號室

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

< *True Love: The Four Immeasurables* >

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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”**. An email reminder will be sent to you upon receipt of your payment.

**Centre on Behavioral Health, The University of Hong Kong
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: M F

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:** _____