

Chan (Zen) Meditation for beginners with Venerable Chang Wu

Venerable Chang Wu will introduce you to the practice of meditation in an approachable matter. You will be learning two preparatory exercises to meditation, the Vairocana Seven-Points of Sitting, the Eight-Form Moving Meditation and other essential meditation methods in order to regulate your body, mind and breath.

Through the teaching of relaxation, standing-up meditation, sitting meditation, movement meditation and meditation while eating, you will learn to relax your body and mind, clarify your scattered thoughts and obtain inner strength and peace. In using these same techniques in your daily life, it will become easier to confront people or difficult situations, to relieve stress from work and life, and to cultivate calmness and happiness in your life.

LOCATION:

Franciscaines de la Miséricorde de Luxembourg
50 av. Gaston Diderich L-1420 Luxembourg
[Salle Fëschmaart]

Mandatory registration through registration form
(download at www.chan.lu/en)

No Entry fee (donations welcome)

9:30-11:30 & 13:00-15:00

SUNDAY 21st MAY 2017

Public lecture by Venerable Chang Wu: (avec traduction en français)

The Path of Practice – Learning What to Put Down and Pick Up

On life's journey of learning, you must learn what to put down and what to pick up. Dissatisfaction and suffering arise when you are attached to the things that you really should put down. Regret and disappointment creep in when you shy away from the responsibilities that you should pick up. Chan practice is no different from life. What to put down and what to pick up? Learning to answer this simple question will have a profound impact on your wellbeing.

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50 av. Gaston Diderich L-1420 Luxembourg
[Salle Fëschmaart]

Registration via e-mail: ddmba@chan.lu
No Entry fee (donations welcome)

19:00-21:00

MONDAY 22nd MAY 2017



Venerable Chang Wu is the current Director of Dharma Drum Vancouver Center in Richmond, B.C., a branch monastery of Dharma Drum Mountain (DDM), founded by Chan Master Sheng Yen. Ven. Chang Wu began practicing with Master Sheng Yen in 1993. Before entering monastic life in 2000, Venerable Chang Wu was a business professional in New York holding an MBA. After joining the DDM sangha, she gained new experiences in publications and translation projects of Buddhist books. She travels especially from Canada to Europe to lead Chan/Zen retreats.

