



# Recognize Attachment, Aversion and Delusion in Daily Life

(Thấy Được Tâm Độc trong Đời Sống)

In-person Spring Weekend Mindfulness Retreat  
with *Hai Nguyen*, Meditation Teacher and Zen Buddhist Minister  
19-21 April 2024

*W*e often come to the spiritual practice to look for ways to transform suffering and find happiness in our life. However, if we continue to believe that suffering existed because of difficult circumstances or others, then suffering will be here to stay. If we still think that happiness is only possible when we get what we want and love, then happiness will continue to be beyond reach. The Spiritual path is the path of awakening to the nature of life, the path of experiencing clearly as things are to free us from the illusion of the mind. Only when we stop experiencing life through perception and wanting that suffering would effortlessly end and true happiness would naturally bloom in our daily life like the Spring flowers.

This event is a great opportunity to take a break from the busy routine, to reflect on what are really important in life, to learn and practically integrate the thousand years old Wisdom teaching on cultivating well-being in everyday busy life. The event will be structured with a balance of talk on the Wisdom teaching, meditation, storytelling, wellness exercises, group discussion, and Q & A providing an optimal learning and nurturing environment.

The retreat is free based on the 2,600 years old Buddhist tradition. [Registration is required at this link](#). Dormitory lodging and Cushion-mat/Back jack/Chair sitting accommodation are available. Nutritional vegetarian meals are provided. A voluntary donation of \$200-\$300 per person is suggested to support the cost of retreat and maintaining the Meditation Center. The non-religious well-being event is for all levels of practitioners.

*Sinh Thuc* Meditation Center

Address: 1735 Sauerkraut road, Wardensville, WV 26851 ~ Mailing: P.O. Box 1223, Herndon, VA 20172  
Telephone: (703) 787-3377 ~ Email: [information@sinhthuc.org](mailto:information@sinhthuc.org) ~ Web Site: <http://www.sinhthuc.org>