

# Carefree

The Secret of Peace of Mind

March 30, Thursday by Ven. Guo Chian  
7:00~9:30PM @ Chambers 106\*  
In Chinese/English

This talk is about how to settle down the mind, to be at ease under whatever situation we are dealing with. With "carefree", we have the secrets of a peaceful mind and a harmonized self. With "carefree", we have comfortableness and security wherever we go. Wherever the body goes, the mind will be there as well. This is the secret we are going to learn about.

Ven. Guochian Fashi is Buddhist nun in the Dharma Drum Mountain Monastery, a disciple of Master Sheng-Yen. Fashi received full ordination in 1995. Currently Guochian Fashi is a resident nun in Chan Center, and serves as supervisor of the Dharma Protector (Dharmapala) Group since September 2004. She is experienced in giving Dharma lectures and providing guidance in Chan practice and meditation.

\* The place is changed from Chambers Auditorium to Chambers 106.



Beginner's

Meditation Class\*\*

Apr 1, Saturday by Ven. Guo Chian  
9:00AM~4:00PM @ Chambers 108



One-Day Ch'an

Meditation Retreat\*\*

Apr 2, Sunday by Ven. Guo Chian  
9:00AM~5:00PM @ HUB 304

\*\*Registration required. See details at <http://ddmbapa.org>



Dharma Drum Mountain Buddhist Association  
Pennsylvania Liaison  
<http://ddmbapa.org>

Buddhist Association of Central Pennsylvania  
Dharma Drum Chan Association

"The more difficult things become, the more opportunities you have to practice patient endurance and loving kindness."

--Master Sheng-yen, in Dharma Drum