

Happiness, Here and Now

Evening Talk

With [Dharma Teacher Chan Huy](#)

Thurs, Feb. 17, 2000 7:30 p.m. "Happiness, Here and Now"

Eno River UU Fellowship, 4907 Garrett Road, Durham
contact Kim Warren, (919) 220-0321

Fri, Feb. 18, 2000 7:30 p.m. "The Art of Mindful Living"

[Exploris Museum](#), 201 East Hargett St., Raleigh, (919) 834-4040

Mindfulness practice helps us touch that place of peace that is already within us. By stopping and calming ourselves and bringing to bear our compassionate understanding, we can locate the healing and nourishing elements that are always present but which we so often ignore. Chan Huy

Sponsored by the Eno River Buddhist Community and the Raleigh Mindfulness Meditation Group, both of Chan Huy. s lectures will be free, though donations will be accepted to cover costs. He also plans a weekend retreat for 70 pupils in Chapel Hill on February 19-20. For more information, contact Kim Warren at (919) 220-0321.

Chan Huy comes from a family with four generations of Thich Nhat Hanh's students, from his grandmother to his children. Thich Nhat Hanh ordained Chan Huy as a dharma teacher in 1994. He lives in Montréal, and is a leader in nearby Maple Village.



Chan Huy

Chan Huy is a member of the Elder Council of the Order of Interbeing, coordinator of the Order's Education and Training Committee, a member of the Interfaith Council of Montréal, and Director of the Maple Buddhist Society. He teaches mindfulness meditation and leads retreats throughout North America.

He is a professional engineer with two children.