

**Festival Accès Asie**, in collaboration with **Le Gesù** and the **Paramita Centre**, invites you to



*Photos (From top to bottom) : Lama Samten Portrait and photo from the five monks from Tibet*

## « Sacred Arts » 4 days of meditation & activities in the presence of Tibetan monks

**Thursday to Sunday, 26<sup>th</sup> - 29<sup>th</sup> May 2011**

**at Le Gesù**  
1200, Bleury street  
(Subway Place des Arts station, Bleury exit)

*Entrance fees : price for 4 days \$40  
(please check the program for the rates of each activity and for each day)  
RSVP at 514.861.4036 (ticket office) or at 514.523.1047*

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Montreal, March the 1<sup>st</sup>, 2011 – The last event of the 16<sup>th</sup> edition, but certainly not the least, will be a collaboration of **Festival Accès Asie** with **Le Gesù** that consists of four days of six various activities and meditation alongside six Tibetan monks. This event was organized in partnership with Paramita Centre, a charity founded in Quebec by Lama Samten, the Tibetan Master resident of Quebec. True to maintaining a touching experience, the director Janet Lumb and dedicated team invite you to celebrate the end of this year's festival on a more contemplative note, during the four days of meditation.

Since March 2011, five Tibetan monks from the Ganden Jangste monastery are travelling around Canada in order to present different aspects of their culture and to collect funds for their monastery in India. The Ganden Jangste monastery was founded in Tibet in 1409 by the Tibetan Master Lama Tsongkhapa but was destroyed during a Chinese invasion in 1959. In recent years, and after several tours of monks in Canada and the United States, the monastery is slowly being rebuilt, although it requires funds to maintain its subsistence. These activities will raise funds to help meet the needs of some 2,000 monks, mostly Tibetan refugees, who live and study in this monastery.

Accompanied by Lama Lobsang Samten, a Tibetan monk who has lived in Quebec for a decade, the five monks will be present during these four days, from May 26 to 29, at Le Gesù, to present and facilitate various activities of meditation. These days of « Sacred Arts » will begin with the creation of a Mandala. The Mandala is a meditative process that will end when it is dismantled. The Mandala will be carefully constructed during the four days of meditation, and will be defeated through a ritual accompanied by songs, symbolizing the impermanence of all things. In the realization of the Mandala, colored sand is usually poured into a river or a water source but, due to the nature of the world tour, sand will be given to those who attend the dismantling, where everyone will be able to conserve this precious substance to bless their home.

Between the development and the dismantling of the Mandala, the monks will demonstrate various activities. This includes throat singing songs dedicated to peace in the world, accompanied by unusual and interesting instruments; the damaru the gyaling or the doung, to name a few. Alternatively, the public can attend a Mandala workshop and a discussion on compassion shared in the presence of the Tibetan monks and a Jesuit priest from Montreal.

PROGRAM from May 26 to 29, 2011 – Gesù Church, Espace Aline Letendre

NB : The church will remain open to those of faith during the « Sacred Arts » event.

### Thursday, May 26 : Event Opening

1:30pm to 2:30pm : Opening ceremony with songs of the Tibetan monks (\$7)

5:00pm to 7:00pm : Mandala's guided tour (\$7)

7:00pm to 8:30pm : Lecture discussion on Compassion (\$10)

Lecture discussion led by the Tibetan monks and a Jesuit priest from Montreal

Price for the day : \$20

*« Regardless of religious backgrounds, an interest in Buddhism may be useful because it carries an essential look at the fundamental problems of existence. Buddhism is based on nonviolence and universal compassion. It seeks world peace by means of a comprehensive accountability promoting kindness, sympathy and harmony among all beings, which may help protect the delicate balance of our planet in the hope of a better life: it is a matter of survival ».*

- Lama Lobsang Samten -

### Friday, May 27

1:30pm to 2:30pm : Opening ceremony with songs of the Tibetan monks (\$7)

5:00pm to 7:00pm : Mandala's guided tour (\$7)

### Saturday, May 28

1:30pm to 2:30pm : Opening ceremony with songs of the Tibetan monks (\$7)

2:30pm to 3:45pm : Sand Mandala workshop (\$10)

3:45pm to 5:00pm : Sand Mandala workshop (\$10)

5:00pm to 7:00pm : Mandala's guided tour (\$7)

Price for the day : \$20



**Mandala** is a Sanskrit term meaning circle, and by extension, sphere, environment, community. The symbolic diagram Mandala can be served as a support for meditation. We find it in most religions, but is particularly found in Buddhism. The construction of the Sand Mandala in Tibet is a spiritual practice. In the Mandala hall of achievement, other monks meditate and pray to strengthen bodhisattva and to bless the Mandala, which will be offered to Buddhas and the universe.

### Sunday, May 29 : Event Closing

2:00pm to 4:00pm : Mandala's guided tour (\$7)

4:00pm to 5:30pm : Songs and meditation for a peaceful world : discussion, questions & answers (\$10)

6:00pm to 7:30pm : Mandala's dismantling ceremony (\$10)

Price for the day : \$20



In singing traditional songs Tibetan monks develop special guttural techniques at different registers. During these songs, they recite sacred texts that constitute the journey towards enlightenment. In these songs, voices and instruments alternate. On occasion, monks will perform a ritual chant called a "dang": a choir hymn that is done in unison. A slow tempo and ornamented rhythm may provide meditative support. They are accompanied by wind and percussion instruments.

Monks will also be dressed in colorful costumes, wearing distinct symbols related to the path to enlightenment and happiness.

On the last day, the final ceremony will be a dismantling of the Sand Mandala. It ends by the dismantle. The Mandala is « destroyed » and the sand is gathered in front of everyone for a spiritual offering to a deity. It will be defeated through a ritual accompanied by singing. Mandalas are also there to show that everything is ephemeral. The colored sand is usually poured into a water source but this time, it will be given to those who are present for the dismantling.

