

## From the desk of Thầy Hằng Trường

I hope that you can help me with something. On Sunday, November 17, we will hold the grand opening day.

The IB Center, which stands for Integral Bodhisattva, is registered under the name Wellness Center. We will have a grand opening or, more accurately, a session to start a new program for the center.

In the past, we had a center called ITC, which specialized in exercise classes. But now, our IB Center does not just focus on exercise; we focus on spirituality and other aspect of our development.

Now, in our coming class offerings, we will also offer a class on Ikebana, which is the art of flower arrangement. Additionally, we will have a class on how to fold paper. Paper folding is very intricate and unique because it teaches how to create beautiful shapes.

Origami is a high-level art form, and we will have classes to teach you this. The reason we want to offer this class is that our mind is like a blank piece of paper; it can be transformed into something beautiful.

We teach Ikebana because it is an art form that symbolizes transformation. How we arrange it turns it into a piece of art. This will be a very special experience.

We also have a class on how to use an iPhone or any smartphone effectively—how to use it for sending emails. In summary, we offer classes that address different aspects that can enhance your daily life.

As for me, I have previously specialized in the Flower Adornment Sutra and other teachings, but this time I will teach the Lotus Sutra. This sutra emphasizes transformation, similar to a lotus flower that rises beautifully from the mud.

So, this grand opening is very special and exciting because we are introducing many wonderful things. I will continue teaching integral Tai Chi forms.

Although it is a grand event, the way we can connect is through continuous engagement. I hope that you will help spread the word about these classes and invite everyone to attend the grand opening program.

It will be from 9 AM to 12 PM. But there's something special: I want to express my gratitude to everyone who has supported us. You know that our grand opening is just a few days before Thanksgiving, a time to give thanks.

I want to express my heartfelt appreciation to everyone who has helped us. Some people support us with small amounts regularly. Others have been very generous. Many understand our challenges and extend their support.

Thanks to that support, we can accomplish meaningful tasks, like building facilities and establishing the center to serve others. Many have sacrificed their time for volunteer work, teaching Tai Chi, and continuing to be loyal students.

They help maintain the center's cleanliness and beauty. Every small task contributes to a greater good, and this is vital because it shows love and commitment to our community.

So, I hope you will join me on November 17 for this special event. You are all invited, and please invite anyone else you know, regardless of whether they are members.

Let's create a warm atmosphere together. Often, we find joy in gathering during festive times, so why not come together for the center's gathering?

I invite you all to the grand opening on November 17, just about two weeks away. It's also a day to express gratitude to everyone who has helped our community.

If you read or listen to this message, you have received my personal invitation.

Thank you for spreading my invitation to everyone. We can only share this personally; it is important to me. I look forward to seeing all of you.

Thank you very much.

**Thầy Hằng Trường**