

Young Enlightened Souls

TUESDAYS 7:00 PM

Noble Community, we gather here now
to honor the Way of Peace and Non-violence,
the Way of Wisdom and Compassion,
the Way of Joy and Beauty

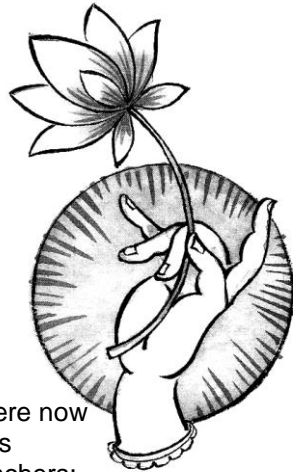
in solidarity with one another,
with all Humanity,
and with all Life on Earth.

Friends on the Path, we gather here now
to deepen our solidity like a mountain
and to renew our freshness like a flower

through mindful sitting and walking,
mindful singing and breathing,
and mindful speaking and listening.

Sisters and Brothers of Awakening, we gather here now
to celebrate the One INFINITE LIGHT that shines
through many religions, many cultures, many teachers;
to practice the teachings of our ancestral teachers,
including Siddhartha Gautama the Shakyamuni Buddha,
and of our contemporary teachers, including Thich Nhat Hanh;

and to affirm our faith in the capacity
within ourselves and all persons,
both men and women of every race, orientation and class,
to realize full and complete Enlightenment.



(mindful chanting music in background as people enter)

(1 small bell, bow)

WELCOME

BRIEF CHECK-IN

SONG (optional)

OPENING AFFIRMATION:

(3 short Big Bells, palms together at the heart)

May we and all beings be happy and free.

May we and all beings transform our suffering.

May we and all beings rejoice in all joys.

May we and all beings be at peace;

awakening to the Truth of who we are:

AMITABHA – Infinite Light, Infinite Love, Infinite Life!

(1 small bell, bow, stand, form circle)

(1 small bell, bow, turn left)

(1 small bell, walk)

WALKING MEDITATION (15 min.) – you may opt to sit or rest instead

(wake sound, 1 small bell, stop, face center)

(1 small bell, bow, return to seat)

CHANT (optional)

(3 long Big Bells)

SITTING MEDITATION (25 min.) – please respect the stillness & silence

(wake sound, 2 short Big Bells, 1 small bell, bow, massage legs)

(1 small bell, stand, face Buddha altar, palms together at the heart)

REFUGE CHANT: “The Three Jewels of Buddha, Dharma & Sangha”

I take refuge in the reality of Enlightenment.

(1 small bell, 1st bow)

I take refuge in the teachings & practices of Enlightenment.

(1 small bell, 2nd bow)

I take refuge in the communities of Enlightenment.

(1 small bell, 3rd bow, sit)

SONG (optional)

DHARMA TEACHING (20 min.)

SHARING CIRCLE(S)

SONG (optional)

ANNOUNCEMENTS

Please practice “dana” (generosity). Our bare minimal budget is about \$6,000 / month. Please consider making a monthly donation of \$100 or more.

** The DMC needs the YES group to contribute about \$400/month, which is about \$100/week, which is about \$5/person (or more if others cannot give). **

CLOSING CHANT: “The Four Vows of Awakening Beings”

(3 short Big Bells, palms together at the heart)

Countless beings, we vow to free.

Ceaseless afflictions, we vow to end.

Limitless Truth doors, we vow to open.

The deepest paths of Awakening, we vow to realize.

(1 small bell, bow)

One: Amitabha! All: AMITABHA!!!

OTHER CHANTS:

1. *Namo Tassa Bhagavato Arahato Samma Sambuddhasa*

2. *Om Mani Padme Hum / Om AMITABHA Hrih / Om Ah Hum*

3. *Namo Buddhaya, Namu Dharmaya, Namu Sanghaya: namo namah*

4. *Namo Shakyamunaye Buddhaya / Om Namu AMITABHA Buddhaya*

5. *Om Lokah Samasthah Sukhino Bhavanthu / Sabbe Satta Sukhi Hontu*

*Interfaith * Integral * Inclusive * Inspired*

Spirituality, meditation, and “**The JOY of Mindful Living**” are the basis of all our Sangha gatherings. Interfaith Buddhist spirituality, as it was originally intended by the Buddha, is not exclusively “Buddhist” but **universally** applicable and beneficial for people of all faiths. The word “Buddha” simply means to be “**awake**” or “**enlightened**,” which is the potential in every person. **Mindfulness** is not limited to one religion, it is an ecumenical spiritual practice and a non-sectarian way of life that can benefit anyone and everyone, whether Buddhist, Christian, Jewish, or those of other faiths as well as the non-religious.

We are intentionally very **beginner-friendly**, and we warmly welcome and affirm people of all ages, religions, genders, ethnicities, sexual orientations, abilities, classes and levels of meditation experience.

We especially welcome those who have been spiritually abused by religious fundamentalism and who are seeking a **safe refuge** for inner healing within genuine spiritual community.

Whoever you are, and wherever you are on life's journey, you are welcome here. “**I have arrived, I AM HOME.**”

Welcome to **Wake Up Dallas YOUNG ENLIGHTENED SOULS (Y.E.S. - Young Adults 20's & 30's)** which meets on Tuesdays 7 pm: an Interfaith, Integral and Inclusive spiritual community inspired by the engaged “Unified Buddhist” tradition of Thich Nhat Hanh (“*Order of Interbeing*”) and the new “**ONE DHARMA**” tradition which practices the essential insights of the Theravada and Mahayana schools of Zen, Pure Land and other lineages in a contemporary way. We also honor the paths of Yoga, Qigong, and other genuine spiritual practices.

If you are new to Interfaith Buddhist practice or to our tradition, you may be unfamiliar with some of the forms we use, such as bowing, sitting, walking, chanting or sharing. What matters is not the outer forms but the inner essence of what we are all about, which is simply and deeply to awaken as our True Self, Buddha Nature. Please feel free to practice comfortably in your own way. You do not need to feel obligated to do anything here other than to honor your own Heart.

It is not necessary for a person to enjoy every single practice here to benefit from the Sangha. We present several different practices so that everyone will find at least one practice that deeply nourishes them. If you can focus on even just one practice, then eventually the other practices will also begin to resonate with you as well.

www.AWAKENINGHEART.org

Young Adults (20's & 30's)

Wake Up Dallas



Interfaith Buddhist Spirituality

Every TUESDAY at 7:00 PM

(DMC's main Meditation is on SUNDAYS 5 pm)

7:00 MEDITATION, MUSIC, MESSAGE & MORE

(9:00 Optional social activity afterwards nearby)

Founder: **Brother ChiSing**, M.Div., M.A.

(an ordained disciple of Zen Master Thich Nhat Hanh)

DALLAS MEDITATION CENTER

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