

One Dharma / Awakening Heart

DALLAS MEDITATION CENTER

@ CSLDallas

OCTOBER 2015 - "ENLIGHTENMENT 101"

"For a future to be possible, our enlightenment must be collective." – Thich Nhat Hanh

SUNDAYS *

4:00p Set-up by volunteers
4:30 Optional early meditation

5:00 **AWAKENING HEART (Community of Mindful Living)** – Beginners welcome!
Brother ChiSing – This is our main Meditation Service of the week:
includes Enlightenment Teachings, sitting, walking, chanting, & sharing.
* **CHILD CARE** is available each Sunday 5-7 pm

MONDAYS

12:00p **ZEN-to-Go:** silent meditation – *trained members facilitating*
2:00 Mindful **YOGA** (all levels, beginner-friendly) – Andy McDonald, RYT
6:00 Easy **TAI CHI** for Busy People – Janna Whitton
7:30 **MINDFUL Mondays** – Cornell Kinderknecht (*resumes on Oct 26*)

TUESDAYS

12:00p **ZEN-to-Go:** silent meditation – *trained members facilitating*
7:00 **Y.E.S.** ("Young Enlightened Souls") –
Meditation/Social Community for Young Adults (20's & 30's)

WEDNESDAYS

9:00a Easy **TAI CHI** for Busy People – Janna Whitton
10:30 Mindful **QIGONG** – Janna Whitton
12:00p **ZEN-to-Go:** silent meditation – *trained members facilitating*
7:30 **INTERBEING Sangha** (Thich Nhat Hanh) –
A deeper practice of mindfulness – Bobbie Perkins
(*1st Wednesdays: 5 MTs Recitation Ceremony*) – Oct 7, Nov 4, Dec 2

THURSDAYS

12:00p **ZEN-to-Go:** silent meditation – *trained members facilitating*
7:00 Mindful **YOGA** (all levels, beginner-friendly) – Andy McDonald, RYT

(SATURDAY – once a month)

2:00p Monthly **BEGINNERS MEDITATION** Workshop (*register online*) – Oct 10, Nov 21, Dec 12

www.DallasMeditationCenter.com

OTHER SPECIAL EVENTS

(see our website for details)

Fri, Oct 2, 7:00 pm – **Monthly DRUM Circle** (Dorayne Breedlove) @ CSLDallas

Sat, Oct 3, 2:00 pm – **Meditation Workshop** (Bobbie Perkins) @ Carpathia Dallas

Sun, Oct 18, 5 pm – **DMC's Building Relocation FUNDRAISER** @ CSLDallas

Sat, Oct 24, 2 pm – **"THE ANSWERS LIE WITHIN"** (Dr. Paula Joyce) @ CSLDallas

Oct 22-25 – **Weekend Mindfulness Retreat** (Brother Michael Ciborski) @ Houston

- * **"Guidance Process for the Soul"** (GPS) Spiritual Counseling w/ Brother ChiSing
- * **Flute Lessons & Music Workshops** w/ Cornell Kinderknecht
- * **Spiritual Counseling** Sessions w/ Bobbie Perkins

THE MIRACLE OF MINDFULNESS in California:

October 9, 2015 | The 5 Powers Film Screening & Discussion

Palo Alto, CA – *Stanford University's Cubberley Auditorium*

October 10, 2015 | Public Talk

San Francisco, CA – *The Nourse*

October 11 – 16, 2015 | Mindfulness Retreat for Software Developers and Designers

Burlingame, CA – *Mercy Center*

October 24, 2015 | Public Talk

Los Angeles, CA – *Wilshire Ebell Theatre*

* **October 27 – November 1, 2015 | Mindfulness Retreat in English** *

Escondido, CA – *Deer Park Monastery*

November 1, 2015 | Day of Mindfulness in English – *no registration required*

Escondido, CA – *Deer Park Monastery*

November 4 – 8, 2015 | Mindfulness Retreat in Vietnamese

Escondido, CA – *Deer Park Monastery*

November 8, 2015 | Day of Mindfulness in Vietnamese – *no registration required*

Escondido, CA – *Deer Park Monastery*

www.TNHtour.org

THE 14 “BODHISATTVA” MINDFULNESS TRAININGS OF THE ORDER OF INTERBEING / COMMUNITIES OF MINDFUL LIVING (*Thich Nhat Hanh*)

1st Mindfulness Training: *OPENNESS*

Aware of the suffering created by fanaticism and intolerance, we are determined not to be idolatrous about or bound to any doctrine, theory, or ideology, even Buddhist ones. Buddhist teachings are guiding means to help us learn to look deeply and to develop our understanding and compassion. They are not doctrines to fight, kill, or die for.

2nd Mindfulness Training: *NONATTACHMENT TO VIEWS*

Aware of the suffering created by attachment to views and wrong perceptions, we are determined to avoid being narrow-minded and bound to present views. We shall learn and practice non-attachment from views in order to be open to others' insights and experiences. We are aware that the knowledge we presently possess is not changeless, absolute truth. Truth is found in life, and we will observe life within and around us in every moment, ready to learn throughout our lives.

3rd Mindfulness Training: *FREEDOM OF THOUGHT*

Aware of the suffering brought about when we impose our views on others, we are committed not to force others, even our children, by any means whatsoever—such as authority, threat, money, propaganda, or indoctrination—to adopt our views. We will respect the right of others to be different and to choose what to believe and how to decide. We will, however, help others renounce fanaticism and narrowness through compassionate dialogue.

4th Mindfulness Training: *AWARENESS OF SUFFERING*

Aware that looking deeply at the nature of suffering can help us develop compassion and find ways out of suffering, we are determined not to avoid or close our eyes before suffering. We are committed to finding ways, including personal contact, images, and sounds, to be with those who suffer, so we can understand their situation deeply and help them transform their suffering into compassion, peace, and joy.

5th Mindfulness Training: *SIMPLE, HEALTHY LIVING [DMC version]*

Aware that true happiness is rooted in peace, solidity, freedom, and compassion, and not in wealth or fame, we are determined not to take as the aim of our life fame, profit, wealth, or sensual pleasure, nor to accumulate wealth while millions are hungry and dying. We are committed to living simply and sharing our time, energy, and material resources with those in need. We will practice mindful consuming, not using products that bring toxins into our own and the collective body and consciousness.

6th Mindfulness Training: *DEALING WITH ANGER*

Aware that anger blocks communication and creates suffering, we are determined to take care of the energy of anger when it arises and to recognize and transform the seeds of anger that lie deep in our consciousness. When anger comes up, we are determined not to do or say anything, but to practice mindful breathing or mindful walking and acknowledge, embrace, and look deeply into our anger. We will learn to look with the eyes of compassion at those we think are the cause of our anger.

7th Mindfulness Training: *DWELLING HAPPILY IN THE PRESENT MOMENT*

Aware that life is available only in the present moment and that it is possible to live happily in the here and now, we are committed to training ourselves to live deeply each moment of daily life. We will try not to lose ourselves in dispersion or be carried away by regrets about the past, worries about the future, or craving, anger, or jealousy in the present. We will practice mindful breathing to come back to what is happening in the present moment. We are determined to learn the art of mindful living by touching the wondrous, refreshing, and healing elements that are inside and around us, and by nourishing seeds of joy, peace, love, and understanding in ourselves, thus facilitating the work of transformation and healing in our consciousness.

8th Mindfulness Training: *COMMUNITY AND COMMUNICATION*

Aware that the lack of communication always brings separation and suffering, we are committed to training ourselves in the practice of compassionate listening and loving speech. We will learn to listen deeply without judging or reacting and refrain from uttering words that can create discord or cause the community to break. We will make every effort to keep communications open and to reconcile and resolve all conflicts, however small.

9th Mindfulness Training: *TRUTHFUL AND LOVING SPEECH*

Aware that words can create suffering or happiness, we are committed to learning to speak truthfully and constructively, using only words that inspire hope and confidence. We are determined not to say untruthful things for the sake of personal interest or to impress people, nor to utter words that might cause division or hatred. We will not spread news that we do not know to be certain nor criticize or condemn things of which we are not sure. We will do our best to speak out about situations of injustice, even when doing so may threaten our safety.

10th Mindfulness Training: *PROTECTING THE SANGHA*

Aware that the essence and aim of a Sangha is the practice of understanding and compassion, we are determined not to use the Buddhist community for personal gain or profit or transform our community into a political instrument. A spiritual community should, however, take a clear stand against oppression and injustice and should strive to change the situation without engaging in partisan conflicts.

11th Mindfulness Training: *RIGHT LIVELIHOOD*

Aware that great violence and injustice have been done to our environment and society, we are committed not to live with a vocation that is harmful to humans and nature. We will do our best to select a livelihood that helps realize our ideal of understanding and compassion. Aware of global economic, political and social realities, we will behave responsibly as consumers and as citizens, not investing in companies that deprive others of their chance to live.

12th Mindfulness Training: *REVERENCE FOR LIFE*

Aware that much suffering is caused by war and conflict, we are determined to cultivate nonviolence, understanding, and compassion in our daily lives, to promote peace education, mindful mediation, and reconciliation within families, communities, nations, and in the world. We are determined not to kill and not to let others kill. We will diligently practice deep looking with our Sangha to discover better ways to protect life and prevent war.

13th Mindfulness Training: *GENEROSITY*

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, we are committed to cultivating loving kindness and learning ways to work for the well-being of people, animals, plants, and minerals. We will practice generosity by sharing our time, energy, and material resources with those who are in need. We are determined not to steal and not to possess anything that should belong to others. We will respect the property of others, but will try to prevent others from profiting from human suffering or the suffering of other beings.

14th Mindfulness Training: *SEXUAL RESPONSIBILITY [DMC version]*

Aware that sexual relations motivated solely by craving cannot dissipate the feeling of loneliness but can create more suffering, frustration, and isolation, we are determined not to engage in sexual relations without mutual understanding, care, respect, and a loving commitment to the long-term wellbeing of ourselves and others. In sexual relations, we must be aware of future suffering that may be caused. We know that to preserve the happiness of ourselves and others, we must respect the rights and commitments of ourselves and others. We will do everything in our power to protect children from sexual abuse and to protect couples and families from being broken by sexual irresponsibility. We will treat our bodies with respect and preserve our vital energies (sexual, breath, spirit) for the realization of our bodhisattva ideal. We will be fully aware of the responsibility of bringing new lives into the world, and will meditate on the world into which we are bringing new beings.