

DALLAS MEDITATION CENTER

MAY 2016 – “AWAKENING YOUR BUDDHA NATURE”

One Dharma / Awakening Heart @ CSLDallas (A Center for Spiritual Living)

SUNDAYS 5:00-7:00 PM

Awakening Heart (Community of Mindful Living)
Interfaith Buddhist Spirituality (Thich Nhat Hanh)
Zen, Mindfulness, Holistic Meditation (Brother ChiSing)
** Childcare and Children's Class available every Sunday **



- May 1: *“The Second Mindfulness Training: True Happiness”*
Speaker: Bobbie Perkins
- May 8: *“The Fourth Mindfulness Training: Deep Listening and Loving Speech”*
Speaker: Jyoti Subramanian
- May 15: *“The Fifth Mindfulness Training: Nourishment and Healing”*
Review of all Trainings: Panel of sangha members who have taken the Trainings
- May 22: *“Transmission Ceremony for The Five Mindfulness Trainings”*
Facilitators: Terry Cortes-Vega (Thich Nhat Hanh Dharma Teacher), Mark Voza, Bobbie Perkins. *** Community vegetarian potluck dinner follows**
- May 29: *“Touching the Earth”*
Facilitators: Cornell Kinderknecht & Bobbie Perkins

Mondays

- 12:00p **ZEN-To-Go** (silent meditation) – *trained members facilitating*
6:00p TAI CHI – *Janna Whitton*
7:30p **MINDFUL Mondays** – *Cornell Kinderknecht*

Tuesdays

- 12:00p **ZEN-To-Go** (silent meditation) – *trained members facilitating*
7:00p **YES (Young Enlightened Souls)**
Meditation/Social Community – Young Adults (20's & 30's)

Wednesdays

- 9:00a TAI CHI – *Janna Whitton*
10:30a QIGONG – *Janna Whitton*
7:30p **INTERBEING Sangha** – *Bobbie Perkins*
(Five Mindfulness Trainings on First Wednesdays – May 4, June 1, July 6)

Saturday (once-a-month)

- * 2:00p **Monthly BEGINNERS MEDITATION Workshop**
Next scheduled: May 21 check website for other dates

5/15/16 – 2:00-3:30pm – *Connecting With Your Soul: Moving Beyond Guilt, Shame, Blame– Dr. Paula Joyce*
6/11/16 – 7:00-8:30pm – *Music Meditation & Healing Concert with Cornell Kinderknecht & Martin McCall at the Ananda Meditation & Yoga Center of Dallas.*

* = Register Online

WWW.DALLASMEDITATIONCENTER.COM

A WORD FROM CORNELL

The Five Mindfulness Trainings are based on the precepts developed during the time of the Buddha to be the foundation of practice for the entire lay practice community. In the version of these precepts that are included in our monthly newsletter, Thich Nhat Hanh has updated the wording and has given an expanded view of each to make it meaningful to our contemporary way of life. Unlike the concept of “commandments,” these trainings are meant as points of mindfulness to reflect on our own lives and be aware of how our actions and choices impact ourselves and other beings -- concrete practices that can help to reduce suffering in ourselves and others.



In our meditation groups, we are currently studying the Five Mindfulness Trainings in depth and discussing how each of us might or might not be practicing the concepts within them. What do you think? How are you already practicing these concepts? Are you open to considering trying to practice them?

On May 22nd, dharma teacher Terry Cortes-Vega will join us in a ceremony, handed down through many generations, for those who want to formally commit to practicing one or more of these five trainings in their daily lives. Could you join us on that Sunday to support those who are taking this step? Perhaps you might like to also participate in the ceremony to receive the trainings. It's not about signing up for a particular religion or for any particular philosophy. It's just about taking a personal step to reduce suffering in the world. If you'd like to receive the trainings during the ceremony, join us in learning about the trainings on each Sunday and let us know by Sunday, May 15 that you'd like to participate in the ceremony on the 22nd. *Also, for those of you who may have participated in a past ceremony and want to either renew your commitments, or commit to more of the trainings than you did before, you are welcome to participate. Again, let us know by Sunday May 15.*

As we go through the Mindfulness Trainings on Sundays, we are putting the talks online. You may access them on our Dharma Talks page at www.AwakeningHeart.org/av.htm

AN INVITATION

Dear Friends,

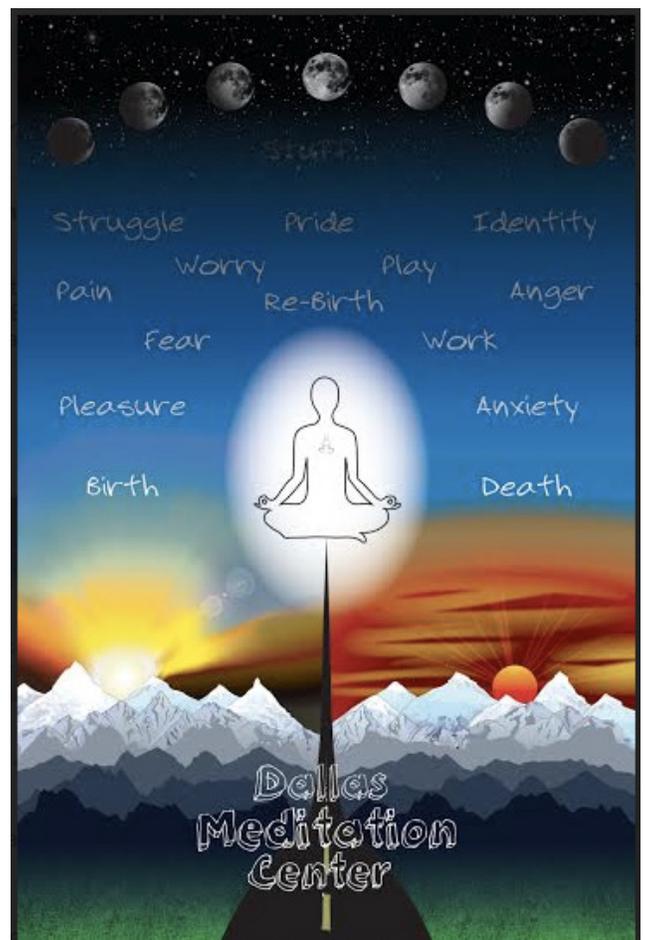
We would love to hear from you!

Please accept this invitation to be published in an upcoming Dallas Meditation Center newsletter. You may submit a brief essay, a reflection on something you've experienced, a funny story, a poem, an insight or whatever – surprise us!

It's really quite simple. Just keep your submissions to 250 words or less. Send to info@dallasmeditationcenter.com with a couple of sentences identifying yourself. Also, send your piece as a document so that we can fit it to the newsletter format.

I know we have some very talented, creative people in our sangha! I witness your wisdom, your humor and your creativity every time we have sharing opportunities after a gathering.

ART by Thomas Edstrom,
Mindful Mondays Sangha member.



AWAKENING HEART 5 MINDFULNESS TRAININGS (Precepts)

The Five Mindfulness Trainings represent the Buddhist vision for a global spirituality and ethic. They are a concrete expression of the Buddha's teachings on the Four Noble Truths and the Noble Eightfold Path, the path of right understanding and true love, leading to healing, transformation, and happiness for ourselves and for the world. To practice the Five Mindfulness Trainings is to cultivate the insight of interbeing, or Right View, which can remove all discrimination, intolerance, anger, fear, and despair. If we live according to the Five Mindfulness Trainings, we are already on the path of a bodhisattva. Knowing we are on that path, we are not lost in confusion about our life in the present or in fears about the future.
-Brother ChiSing

First Mindfulness Training – Reverence For Life

Aware of the suffering caused by the destruction of life, I am committed to cultivating the insight of interbeing and compassion and learning ways to protect the lives of people, animals, plants, and minerals. I am determined not to kill, not to let others kill, and not to support any act of killing in the world, in my thinking, or in my way of life. Seeing that harmful actions arise from anger, fear, greed, and intolerance, which in turn come from dualistic and discriminative thinking, I will cultivate openness, non-discrimination, and non-attachment to views in order to transform violence, fanaticism, and dogmatism in myself and in the world.

Second Mindfulness Training – True Happiness

Aware of the suffering caused by exploitation, social injustice, stealing, and oppression, I am committed to practicing generosity in my thinking, speaking, and acting. I am determined not to steal and not to possess anything that should belong to others; and I will share my time, energy, and material resources with those who are in need. I will practice looking deeply to see that the happiness and suffering of others are not separate from my own happiness and suffering; that true happiness is not possible without understanding and compassion; and that running after wealth, fame, power and sensual pleasures can bring much suffering and despair. I am aware that happiness depends on my mental attitude and not on external conditions, and that I can live happily in the present moment simply by remembering that I already have more than enough conditions to be happy. I am committed to practicing Right Livelihood so that I can help reduce the suffering of living beings on Earth and reverse the process of global warming.

Third Mindfulness Training – True Love

Aware of the suffering caused by sexual misconduct, I am committed to cultivating responsibility and learning ways to protect the safety and integrity of individuals, couples, families, and society. Knowing that sexual desire is not love, and that sexual activity motivated by craving always harms myself as well as others, I am determined not to engage in sexual relations without true love and a deep, long-term commitment made known to my family and friends. I will do everything in my power to protect children from sexual abuse and to prevent couples and families from being broken by sexual misconduct. Seeing that body and mind

are one, I am committed to learning appropriate ways to take care of my sexual energy and to cultivating loving kindness, compassion, joy, and inclusiveness – which are the four basic elements of true love – for my greater happiness and the greater happiness of others. Practicing true love, we know that we will continue beautifully into the future.

Fourth Mindfulness Training – Loving Speech and Deep Listening

Aware of the suffering caused by un mindful speech and the inability to listen to others, I am committed to cultivating loving speech and compassionate listening in order to relieve suffering and to promote reconciliation and peace in myself and among other people, ethnic and religious groups, and nations. Knowing that words can create happiness or suffering, I am committed to speaking truthfully using words that inspire confidence, joy, and hope. When anger is manifesting in me, I am determined not to speak. I will practice mindful breathing and walking in order to recognize and to look deeply into my anger. I know that the roots of anger can be found in my wrong perceptions and lack of understanding of the suffering in myself and in the other person. I will speak and listen in a way that can help myself and the other person to transform suffering and see the way out of difficult situations. I am determined not to spread news that I do not know to be certain and not to utter words that can cause division or discord. I will practice Right Diligence to nourish my

capacity for understanding, love, joy, and inclusiveness, and gradually transform anger, violence, and fear that lie deep in my consciousness.

Fifth Mindfulness Training – Nourishment and Healing

Aware of the suffering caused by un mindful consumption, I am committed to cultivating good health, both physical and mental, for myself, my family and my society by practicing mindful eating, drinking and consuming. I will practice looking deeply into how I consume the Four Kinds of Nutriment; namely, edible foods, sense impressions, volition and consciousness. I am determined not to gamble or to use alcohol, drugs or any other products which contain toxins, such as certain websites, electronic games, TV programs, films, magazines, books and conversations. I will practice coming back to the present moment to be in touch with the refreshing, healing and nourishing elements in me and around me, not letting regrets and sorrow drag me back into the past nor letting anxieties, fear or craving pull me out of the present moment. I am determined not to try to cover up loneliness, anxiety or other suffering by losing myself in consumption. I will contemplate interbeing and consume in a way that preserves peace, joy and well-being in my body and consciousness, and in the collective body and consciousness of my family, my society and the Earth.



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