

# DALLAS MEDITATION CENTER

**FEBRUARY 2017 – “TRUE LOVE”**

*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)**

- Feb. 5: “Deep Listening and Loving Speech”  
**Speaker:** Jessica Hitch, Wake Up Dallas YES
- Feb. 12: “Sharing True Love”  
**Speaker:** Sharad Saxena, Awakening Heart
- Feb. 19: “Practicing True Love”  
**Speaker:** Jini Kanagala, Mindful Mondays
- Feb. 26: “Experiencing True Love”  
**Speaker:** Rev. Karen Romestan, Unity on Greenville



## **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 – *Feb 1*)

## **Saturday (once-a-month)**

- \* 2:00p **Monthly BEGINNERS MEDITATION Workshop** (Next scheduled: Feb 11, March 11)

02/03/17 – 7:00pm – First Friday Drum Circle with Dorayne Breedlove at Dallas Meditation Center @ CSLDallas

\*02/11/17 – 2:00-5:30pm – Beginners Meditation Workshop at Dallas Meditation Center @ CSLDallas

\*02/18/17 – 2:00-3:30pm – Creative Problem Solving with Dr. Paula Joyce @ CSLDallas

\*02/21/17- 03/21/17 – 7:30-9:00pm – Learn the Native American Flute, level 2 with Cornell Kinderknecht (Tuesdays)

\*04/28/17- 04/30/17 – Plum Blossom Sangha Annual Retreat – Austin, TX

\* = Register Online

Donate to the Dallas Meditation Center Relocation Fund: <http://www.DallasMeditationCenter.com/move>

**WWW.DALLASMEDITATIONCENTER.COM**

SEASONS for PEACE  
and NONVIOLENCE



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## MESSAGE FROM BOBBIE PERKINS

### True Love

What do you think of when you hear the words “true love”? Most of us probably think of a romantic relationship and certainly, true love in a romantic relationship is greatly desired. But there is also a much deeper meaning of “true love” that applies to all relationships. Any relationship grounded in the four elements of true love - loving kindness, compassion, joy and inclusiveness - exemplifies “true love”. It is important to remember that we cannot give something we do not possess – true love begins with loving oneself.

*“In the springtime, thousands of different kinds of flowers bloom. Your heart can also bloom. You can let your heart open up to the world. Love is possible – do not be afraid of it. Love is indispensable to life, and if in the past you have suffered because of love, you can learn to love again.” Thich Nhat Hanh*

During February, we will explore the four elements of true love and share the ways we have learned to express true love in our relationships. I look forward to meditating with you and hearing your insights and wisdom regarding true love.

Peace, joy and love to all,  
Bobbie



## GENTLE APPROACHES TO MINDFULLY ADDRESSING ISSUES BETWEEN PEOPLE BY JULIE RYAN

*Adapted from Thich Nhat Hanh’s descriptions of Plum Village Community practices as taught by him.*

### Preparation: “COOLING THE FLAMES”

When I am in the grip of anger, shame or any strong emotion, I do not speak. I respectfully let the other person know that I have a concern that I would like their help with—and because I value them and our relationship, I choose to wait until I am calm and positive, and then ask for time to speak.

Then I give myself time to care for my strong feelings and let calm return, and for the other



person to do the same, before I ask to meet. Even if it is very difficult, I do not let strong emotions run away with me and push me to speak in a way I may regret.

Taking time to care for myself, I mentally set aside my dispute with or perceived injury by this person, and instead focus on their positive qualities. Reflecting on all I appreciate about them returns joy to my experience. I also consider that he or she may have difficulties that caused them to behave in an unskillful way toward me. Their behavior may not reflect their true feeling for me.

### Mindful discussion: With “FLOWER-WATERING” & “SHINING THE LIGHT”

1. “FLOWER-WATERING” (Appreciation)  
I tell the person his or her qualities that I enjoy and admire. This brings me back to appreciation of the person’s true nature. It also makes them happy to recall their good qualities and know that another person sees them.
2. SELF REFLECTION  
I admit any unskillful behavior that I have done and would like to do differently in future.
3. “SHINING THE LIGHT” I tell the person the speech or behavior of theirs with which I have difficulty. Perhaps I misunderstood. I report only my perception of what occurred and my experience of it. I recognize that there is no one “right view” of a situation.



The second person simply listens deeply to these three steps, staying with his/her breathing and accepting the other’s perceptions as valid for them.

Then the second person has the opportunity to respond, following the same steps, while the first person practices deep listening and breathing.

**Resolution:** “HOPE FOR THE FUTURE” – This is the opportunity for each person to reflect on what he/she has learned, and to state any clarity or resolution gained from this discussion. It is the time to say what either hopes or intends in future.

*Writer’s note: I have used this process numerous times with friends and people I dated, once using the entire process explained to my partner beforehand, often in part, informally. It has never failed to have good results.*

# TEN SPIRITUAL PRACTICES

*Brother ChiSing*

*Brother ChiSing created a set of practices for our community in order to inspire us and to encourage us to let go of regret and judgment about the past. Let's begin anew today with his words...*



**Dear Students of Enlightenment,** Continue to intensify your commitments to mindfulness, meditation and enlightened living. If you have slacked off a bit, just start over today, or start over this weekend, or start over on Sunday. Every week, just start over again. The ability to let go of the past without regret or judgment, and to begin anew again today, fresh and open, here and now, is POWERFUL and will serve you on your path to full enlightenment and Buddhahood. It does not matter how many times you fall. What matters is how many times you get up again and start over. This is the secret to inner strength.

**1) Daily Meditation** – Sitting Meditation is a way of resting as “Being” in alert accepting awareness. Walking Meditation helps to prepare us for Sitting Meditation as well as to extend “Being” to the various “doings” of our human life in the Universe. Consistency is the key to meditation practice (*preferably at least 20 minutes twice a day, perhaps before breakfast and before dinner*). A good minimum goal is 3 times a week.

**2) Weekly Sangha** – Attend group meditation at least once a week. The minimum is once a month. This practice is one of the most important, because you will always be reminded of all the other practices if you practice this.

**3) Meditation Retreat & Nature** – Attend a meditation retreat sometime this month, this season, this year. It could be a weeklong retreat, or a weekend retreat, or even just a daylong retreat, but the minimum is a half-day retreat (*at least 3 or 4 hours*). And spend time regularly in Nature too (*preferably in silence*).

**4) Gratitude** – Practice reciting out loud for at least 3 minutes nonstop all that you feel grateful for, or all that is positive, or at least all that is not bad. If you do this every day alone or with a friend, you will notice a major shift in your energy. The minimum is to practice this once a week, preferably with a friend, taking turns.

**5) Dharma-reading & Journal-Writing** – Read good spiritual Dharma books. Immerse your mind in positive teachings. Also, buy a new journal and write in it every day or at least once a week. Express yourself on paper.

**6) Yoga / Qigong** – If you don't already practice Yoga or Qigong, then this is the best time to start. Take a gentle Yoga class or energizing Qigong class. There are several to choose from at the DALLAS MEDITATION CENTER and other places. You will be amazed at how much this supports your meditation practice and your spiritual growth.

**7) Healthier Diet** – Consciously cut back on your meat consumption. If eating meat, choose fish over other forms. Eliminate consumption of pork and beef. Eat more fresh vegetables. Perhaps take a vegetarian cooking class. Consider having at least one vegetarian meal per day, and maybe one day a week that is completely vegan.

**8) Blessing Prayer** – Practice “metta” (*loving-kindness*) meditation and prayer. Visualize blessing Light radiating from your Buddha Heart toward your family, friends, neighbors, co-workers, communities, and the world, as well as to Brother ChiSing and all the staff, instructors, members and visitors of AWAKENING HEART.

**9) "Dana" (Generosity) & "Seva" (Service)** – Consider making a donation of \$100 each month this year to ONE DHARMA. Or perhaps give a one-time gift of \$1,000. And serve through volunteer work here or elsewhere. Dana and Seva are at the very heart of our practice.

**10) Chanting Practice** – This is an ancient spiritual practice from Mahayana Buddhism, and millions of practitioners, both past and present, can testify to its power. I have adapted it for our modern Western lifestyle. Here is the practice:

Chant a mantra at least 10 times during 10 periods of the day (*or whenever you think of it*). The mantra I recommend is the mantra "OM NAMO AMITABHA BUDDHAYA" (*Gratitude to the Infinite Light of Awakening*). You can also chant a shorter version of this mantra by simply chanting "AMITABHA" or "NAMO AMITABHA." Other variations are "OM AMITABHA HRIH" or "OM AMIDEVA HRIH" (*Infinite Divine Love*). If you prefer Avalokiteshvara (Quan Yin) you may chant "OM MANI PADME HUM" (*Enlightened Wisdom Compassion Activating*), or you may chant the mantra of the Medicine Buddha of Healing, etc.

If you prefer affirmations in English, here are three examples: **“I Am Safe, I Am Loved, I Am Free.”**

Simply put, the practice is to chant a mantra at least 10 times during 10 periods of the day (*or whenever you think of it*):

1. Upon waking
2. Before breakfast
3. After breakfast
4. Before work
5. Before lunch
6. After lunch
7. After work
8. Before dinner
9. After dinner
10. Before bedtime



# RELOCATION DONATIONS over the next weeks WILL BE MATCHED!



BE A LOVE MATCH! Beloved supporters are offering a love match to the Dallas Meditation Center. As we travel through our final relocation campaign month, they **will match donations dollar for dollar** until we reach our \$30,000 renovation campaign goal. We have less than \$7,000 remaining to reach our goal and the renovation is in process; **TOGETHER WE CAN DO THIS.**

How auspicious to receive this gift in February!!! February and especially this offering remind us that LOVE is ever present, holding and accepting us regardless of our response. Love is there to accept and receive. Love is there to share and give.

Please go to <http://www.DallasMeditationCenter.com/move> to select one of 4 options to give to our relocation fund (you may also donate in person at any of our gatherings):

*Give online now • Check, money order, bank draft, "Bill Pay," etc. • Crowd-funding campaign Sponsor part of the renovation • Give in person at any of our DMC gatherings*

BE A LOVE MATCH  
SHARE YOUR LOVE  
DOUBLE YOUR GIFT!

TOGETHER WE WILL  
Show our love and Gratitude



### Breathing In, Breathing Out

Breathing in, breathing out  
Breathing in, breathing out  
I am blooming as a flower,  
I am fresh as the dew.  
I am solid as the mountain,  
I am firm as the Earth.  
I am free.

Breathing in, breathing out,  
Breathing in, breathing out.  
I am water, reflecting  
what is real, what is true.  
And I feel there is space  
deep inside of me.  
I am free, I am free, I am free.

### Happiness

Happiness is here and now,  
I have dropped my worries.  
No where to go,  
Nothing to do.  
No longer in a hurry.

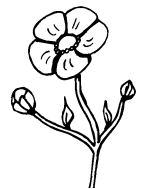
Happiness is here and now,  
I have dropped my worries.  
Somewhere to go,  
Something to do.  
But I don't need to hurry.



### Gratitude Affirmation

Brother ChiSing (Sep. 23, 2007)

With each breath, let yourself be  
bathed by the  
memories of  
all the times in  
your life when  
you have  
received  
deeply from  
others, from nature, from life.



With each breath, receive that  
love into your heart so that your  
heart overflows with Gratitude.

Most of our gatherings are held at Dallas Meditation Center @ CSLDallas, International Place, 4801 Spring Valley Rd, #113, Dallas, Texas 75244.  
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