

DALLAS MEDITATION CENTER

MARCH 2017 – “BLOOM WHERE YOU ARE”

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)



- Mar. 5: “Planting Seeds”
Speaker: Bobbie Perkins, Order of Interbeing Aspirant
- Mar. 12: “Nurturing Our Seeds”
Speakers: Bobbie Perkins and Cornell Kinderknecht, Order of Interbeing Aspirants
- Mar. 19: “Tending the Weeds”
Speaker: Aaron Conner, Order of Interbeing Aspirant
- Mar. 26: “Enjoying the Fruit”
Speaker: Terry Cortes-Vega, Dharma Teacher, Thich Nhat Hanh

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

- 9:15a TAI CHI – *Janna Whitton*
10:30a QIGONG – *Janna Whitton*
7:30p **INTERBEING Sangha** – *Bobbie Perkins*
(Five Mindfulness Trainings on First Wednesdays – *March 1*)

SEASONS for PEACE
and NONVIOLENCE



SPAN the next decade

Saturday (once-a-month)

- * 2:00p **Monthly BEGINNERS MEDITATION Workshop** (Next scheduled: April 8, May 13)

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

03/12/17 – 2:30-4:00pm – Poetry Shine Writing Playshop with Julie Ryan @ Ananda Meditation & Yoga Center

*03/18/17 – 2:00-3:30pm – Om Awakening with Dr. Paula Joyce @ CSLDallas

*03/31/17- 04/21/17 – 11am-12:30pm – Learn the Native American Flute, with Cornell Kinderknecht (Fri. 4 Weeks)

***04/08/17 – 2:00-5:30pm – Beginners Meditation Workshop at Dallas Meditation Center @ CSLDallas**

*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

MESSAGE FROM BOBBIE PERKINS

Bloom Where You Are

Have you ever seen a flower or a weed that has broken through concrete and is blooming? Or a plant that is thriving on a sheer mountainside? These are examples of nature's ability to support life even in seemingly harsh conditions. We humans are also sometimes exposed to harsh conditions and situations that are extremely challenging. Those challenges and harsh conditions can defeat us or make us stronger. We can find examples of both outcomes in ourselves, in our families, in our society and in our Buddhist ancestors.



During the month of March, we will take a look at our spiritual ancestors to gain a deeper understanding of who we are as students of the Buddha's teachings and as the continuation of that

spiritual stream. Knowing who we are as a community of practitioners will strengthen and nourish each of us – allowing us to flourish and bloom as individuals and as a broader community. We are very fortunate that we do not have to contend with the horrors of war that our teacher, Thich Nhat Hanh, faced. His experiences and his way of living through those incredibly difficult years during the Vietnamese war serve as a beautiful example for us to emulate. As a young monk, he established a community of monks, nuns, laymen and laywomen that continues to thrive and prosper all over the world. The Dallas Meditation Center is the hub of one such community in North Texas.

I look forward to sharing time with you this month as we explore the answers to these questions:

- Why is Awakening Heart a Thich Nhat Hanh sangha (community)?
- Why don't we have a monk as our teacher at the Dallas Meditation Center?
- What is the Order of Interbeing?

Do you have questions or a request concerning something you'd like to learn about? I'd love to hear about that! Please feel free to contact me at bobbie@awakeningheart.org.

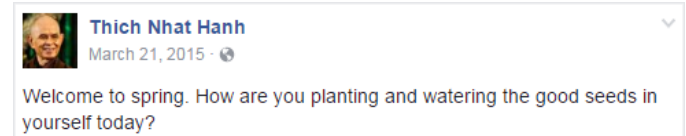
May all be peaceful, happy and light in body and spirit.

A lotus for each of you,
Bobbie

MESSAGE FROM CORNELL KINDERKNECHT

Welcome to Spring

As I write this note on the 23rd of February, it's 84 degrees in my backyard right now. With weather like this, it's hard to believe that Spring is not quite here yet. Spring is a special time – a time of renewal and freshness, a time to open the windows and let the house fill with fresh air, a time to cultivate and plant our gardens.



Two years ago, on the first day of Spring, this question was posted on Thich Nhat Hanh's Facebook page: "Welcome to spring. How are you planting and watering the good seeds in yourself today?"

Many of you who've meditated with the Awakening Heart community at the Dallas Meditation Center may be familiar with "seed watering" practice. Simply put, our mind is like a garden. If we tend to the garden the seeds planted in it can be of benefit to us, giving us food that sustains life and pretty flowers that we can enjoy. If we neglect the garden, weeds tend to take over and choke out the plants that are helpful to us.

Likewise, in our minds, there are wholesome seeds: seeds of love, joy, peace and understanding. And there are unwholesome seeds: seeds of anger, hate, fear and craving. If we don't tend to our wholesome seeds, the unwholesome seeds of our mind can flourish, leaving us feeling unhappy and alone. But by watering our wholesome seeds, our positive qualities can bloom, bringing forth happiness, joy and peace in our lives.

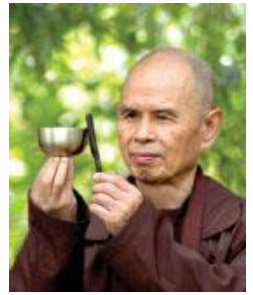
Join us at our Awakening Heart communities this month as we welcome in the Spring and learn to water the good seeds within ourselves and others.

In Peace and Joy...
--- Cornell



Pebble Meditation

By Thich Nhat Hanh



I don't carry a credit card, money or cigarettes in my pocket. Instead, there may be a sheet of paper or a little bell. I usually like to carry a few pebbles. These pebbles help remind me that we humans are born as flowers in the garden of humanity; if we don't know how to preserve our freshness, then we suffer and we do not have enough beauty to offer to the person we love.

This Pebble Meditation came from a retreat for children that we had over twenty years ago. About 300 children and their parents came and together we invented this way to remind ourselves of the freshness and flower-like elements in everyone.

Make a little bag, and into it put four pebbles that you have collected outside. You can sit in a circle with other children or with members of your family, and one child or person in the family plays the role of bell master. After having invited the bell to sound three times and enjoying breathing in and breathing out, tip the pebbles out of the bag and set them on the ground to your left.

With your right hand, pick up one pebble and look at it. The first pebble represents a flower. It also represents your own freshness and flower nature. Put the pebble on the palm on your left hand, and put the left hand on the right hand to begin your meditation on flower nature:

*Breathing in, I see myself as a flower.
Breathing out, I feel fresh.*

That is not imagination, because you are a flower in the garden of humanity. See yourself as a flower. It is very helpful to smile during the practice, because a flower is always smiling. Practice this meditation three times. After that, put the pebble down on the ground to your right.

Then pick up the second pebble and look at it. This pebble represents a mountain. A mountain represents solidity. You are yourself, you are stable and you are solid. Without solidity you can't be truly happy. You will be pulled away by provocations, anger, fear, regret or anxiety. This meditation is best practiced in the sitting position because in the half lotus or lotus position your body feels very stable and solid. Even if someone comes and pushes you, you will not fall. After you place the second pebble in your left hand, begin to meditate on the mountain.

*Breathing in, I see myself
as a mountain.
Breathing out, I feel solid.*

Repeat this three times. When you are solid, you are no longer shaky in your body and in your mind.

The third pebble represents still water. From time to time, you see a lake where the water is so still that it reflects exactly what is there. It's so still it can reflect the blue sky, the white clouds, the mountains, the trees. You can aim your camera at the lake and take a picture of the sky and the mountain reflected there as they are. You aren't a victim of wrong perceptions. When your mind is disturbed by craving, anger or jealousy, you perceive things wrongly. Wrong perceptions bring us a lot of anger, fear, violence, and push us to do or to say things that will destroy everything. This practice helps you restore your calm and peace, represented by still water.

*Breathing in, I see myself as still water.
Breathing out, I reflect things as they truly are.*

Repeat this three times. This is not wishful thinking. With mindful breathing, you can bring peace to your breath, body and feelings.

The fourth pebble represents space and freedom. If you do not have enough space in your heart, it will be very difficult for you to feel happy. If you are arranging flowers, you understand that flowers need space as well. If you love someone, one of the most precious things you can offer him is space. And this you can't buy in the supermarket. Visualize the moon sailing in the sky. The moon has a lot of space around it, that is part of its beauty. Many of the disciples of the Buddha described him as a full moon sailing in the empty sky.

*Breathing in, I see myself as space.
Breathing out, I feel free.*

Repeat this three times. Each person needs freedom and space. Offer space to the loved ones in your family as well. Without imposing your ideas or ways on the other person, you can offer them the gift of this pebble meditation. In this way, it is possible for you to help remove the worries, fears, and anger in the heart of each person in your family.

RELOCATION DONATIONS over the next weeks WILL BE MATCHED!

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 \$3,000 remaining to reach our goal and the renovation is in process.

TOGETHER WE CAN DO THIS.



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

HELP BUILD A CENTER
PLANT THIS SEED
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.



I Am a Cloud

I am a cloud. I am the blue sky
I am a bird spreading out its wings
I am a flower, I am the sunshine
I am the earth receiving a seed.

And I am free when my heart is open
Yes, I am free when my mind is clear
O dear brother, oh dear sister,
Let's walk together, mindfully.

Watering the Garden gatha:

The sunshine and the water have
brought about this luxurious
vegetation. The rain of compassion
and understanding can transform the
dry desert into a vast fertile plain.

Most of our gatherings are held at Dallas Meditation Center @ CSLDallas, International Place, 4801 Spring Valley Rd, #113, Dallas, Texas 75244.
Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: info@DallasMeditationCenter.com

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