

# SUNDAY SANGHA 5-7 PM

(Optional Early Meditation at 4:30 pm)

- **WELCOME**
- **OPENING AFFIRMATION**

*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*

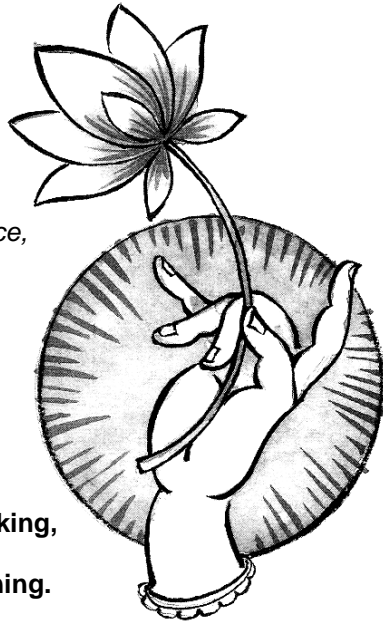
**in solidarity with one another,  
with all humanity,  
and with all life on Earth.**

*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.**

*Family of Awakening, we gather here now to celebrate the One INFINITE LIGHT that shines through many religions and many cultures, to cultivate the wisdom of our many teachers, both ancestral and contemporary,*

**and to affirm the capacity  
within ourselves and all persons  
of every race, orientation and tradition,  
to realize full and complete Enlightenment.**

- **CHECK-IN**
- **SONG**
- **WALKING MEDITATION (15 min.)**  
*You are welcome to sit or lie down to meditate.*
- **SITTING MEDITATION (25 min.)**



- **BRAHMAVIHARAS**

*May all Beings be Happy,                      Brahmovihara Maitri,  
May all Beings be Free,                      Brahmovihara Karuna,  
May all Beings be Joyful,                      Brahmovihara Mudita,  
May all Beings be at Peace.                      Brahmovihara Upeksha.*

- **REFUGE CHANT “The Three Jewels”**

*Om Namó AMITABHA Buddhaya:*

**AMITABHA Buddhám Sharanam Gacchami –**

We take refuge in the Awakening Heart of INFINITE LIGHT, that which shows us the Way in this life.

*Om Namó AMITABHA Dharmaya:*

**AMITABHA Dharmam Sharanam Gacchami –**

We take refuge in the Awakening Path of INFINITE LIGHT, the Way of understanding and of love.

*Om Namó AMITABHA Sanghaya:*

**AMITABHA Sangham Sharanam Gacchami –**

We take refuge in the Awakening Community of INFINITE LIGHT, those who live in harmony and awareness.

- **DHARMA TEACHING (20 min.)**
- **SHARING / DISCUSSION / ANNOUNCEMENTS**
- **CLOSING CHANT “The Four Vows of Awakening Beings”**

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.

AMITABHA – Infinite Light, Infinite Love, Infinite Life!

- “Dana” (generosity) is an essential part of our practice.
- This program and our Center are supported 100% by your donations. In order to keep our programs available to all, it is important that we all participate in Dana.
- The suggested donation is \$15-20 per visit.
- Consider becoming a supporter with a monthly gift of \$100 or more.

SCAN TO SIGN IN



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*One Dharma, Awakening Heart, Dallas Meditation Center is a 501(c)(3) non-profit human services educational organization (EIN: 46-3512018).  
Your donations are eligible as charitable deductions for tax purposes.*

*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 a unifying spiritual practice and a 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 **beginner friendly**, and we warmly welcome and affirm people of all ages, religions, genders, ethnicities, sexual orientations, abilities, and levels of meditation experience. We especially welcome those who have been spiritually mistreated by religious fundamentalism and who are seeking a **safe refuge** for inner healing within a 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 “**AWAKENING HEART: Community of Mindful Living**,” 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 that 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 and sharing. What matters is not the outer form, but rather the inner essence of our practice, which is simply and deeply to awaken to our True Self, our Buddha Nature. Please feel free to practice comfortably in your own way. You are not obligated to do anything here other than to honor your own Heart.

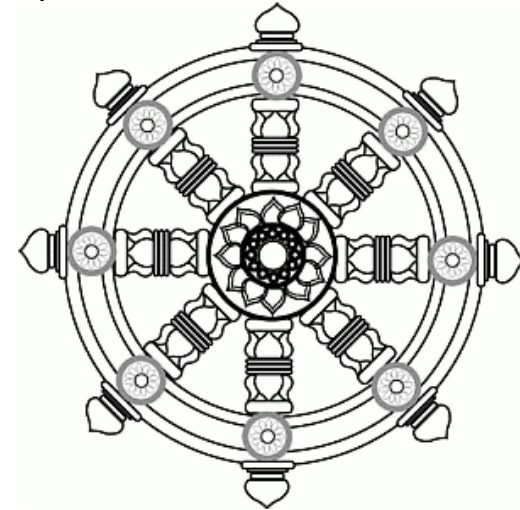
It is not necessary for a person to enjoy every single practice here to benefit from the Sangha. We present several different practices so that everyone will find at least one practice that deeply nourishes them. If you focus on even just one practice, eventually the other practices may also begin to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

[www.DALLASMEDITATIONCENTER.COM](http://www.DALLASMEDITATIONCENTER.COM)

# AWAKENING HEART

Community of Mindful Living

*Interfaith Buddhist Spirituality*



**Every SUNDAY at 5:00 PM**

4:00 Set-up by Volunteers

4:30 Optional Early Meditation

**5:00 MEDITATION, MUSIC, MESSAGE & MORE**

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

*(an ordained disciple of Zen Master Thich Nhat Hanh)*

DALLAS MEDITATION CENTER

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