

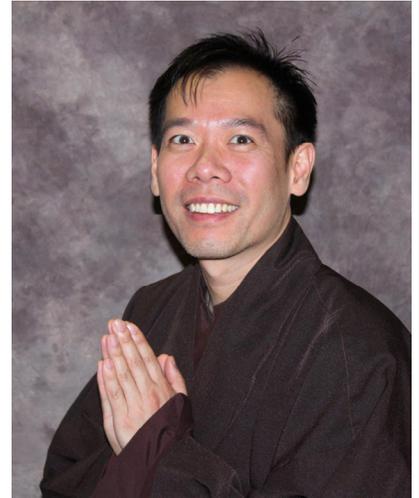
DALLAS MEDITATION CENTER

APRIL 2016 – “MINDFULNESS, REVERENCE & RENEWAL”

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 **



Brother ChiSing

- April 3: **“CELEBRATING BROTHER CHISING”**
Memorial and Celebration of Life (5:00-7:30PM)
- April 10: **“Introduction to the Five Mindfulness Trainings”**
Speaker: Jessica Hitch, **Facilitator:** Cornell Kinderknecht
- April 17: **“The First Mindfulness Training: Reverence for Life”**
Speaker: Aaron Conner
- April 24: **“The Second Mindfulness Training: True Happiness”**
Speaker: Terry Cortes-Vega

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 – *April 6, May 4*)

Saturday (once-a-month)

- * 2:00p **Monthly BEGINNERS MEDITATION Workshop**
Next scheduled: April 16 *check website for other dates*

Sun. 4/4/16 – 2:00-3:30pm **Connecting with Your Soul: Asking and Receiving** – Dr. Paula Joyce
Fri. PM–Sun. AM April 8 -10, 2016 – **Transforming and Healing: Mindfully Tending Our Lives.**
A Weekend Mindfulness RETREAT in AUSTIN

* = Register Online

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A WORD FROM CORNELL



We sometimes are inclined to see happiness and suffering as separate entities. When we suffer, we see happiness as something else, belonging to another place and time. But, on the other hand, thinking that a life of happiness must be devoid of all suffering is delusional. If we can learn to skillfully see and engage both the presence of happiness and the presence of suffering, we will go in the direction of enjoying life more. We can be pushed and crushed by life's pressures, or we can become alert to those pressures and enrich ourselves with the skills that they are teaching us. Witnessing our feelings about and observing our reactions to circumstances means not being caught up in them, being possessed by them, or being driven by them. By becoming aware of and embracing life's challenges rather than trying to flee from them or push them away, we can transform those challenges, and find ourselves on a path to living a happy life.

This Spring, our Mindful Mondays meditation group is focusing on the book, *The Five Things We Cannot Change... and the Happiness We Find by Embracing Them* by David Richo. This book explains the roots of unhappiness, how to see them differently, and how we can transform those feelings, finding freedom and fulfillment. We hope you'll join us on Monday evenings.

CELEBRATING BROTHER CHISING'S DHARMA DOORS

Every once in a while, during our brief lives, we encounter an unforgettable figure who teaches us profound and indelible life lessons that stay with us for our remaining days. Such is my wonderful experience with Brother ChiSing, who last summer made the effort to rekindle our decade-old friendship while undergoing treatments at Houston's MD Anderson cancer clinic. Although saddled with his own frightening challenges, he carved out several weekends last fall to train this old fighter pilot to be awake, aware and mindful, for which I'm forever grateful. Even in his waning days on earth, he was eager to pass along his knowledge and philosophy in hopes that a fellow walker, breather and friend would find new skills to cope with life. Whether you knew him as Norman or ChiSing, we're all much richer having had the pleasure of his comforting presence, engaging personality and thoughtful demeanor. Thank you for the dharma dear brother and wishing you light speed.

Terrel S. Preston, Colonel, US Air Force (Ret), Houston, TX

MAKE GRATITUDE A HABIT

Find something in your life for which you are truly grateful and then feel and express that gratitude. The most important rule in putting this technique into practice is that the gratitude be real and sincere. By paying close attention, you can be honestly grateful for many seemingly trivial daily situations you might otherwise overlook. Be grateful that the air-conditioning works in the summer and the heating in the winter. When rolling through a stop sign, be grateful that no police officer is present. When I first learned this technique, I made an intellectual challenge of listing items for which I could be grateful. But I missed the point, which is to stop and feel the emotion of gratitude—to experience real appreciation.

Making gratitude a habit is not always easy. You may find that your mind resists at first because it is programmed for survival. If our ancient ancestors in Africa had stopped to admire the sunset and express gratitude for the joys of living, they might have become dinner for the lion that had been stalking them. A function of the mind is to focus attention on problems and dangers, while expressing gratitude has little survival value. By consciously paying attention to items for which we are grateful, we can learn to redirect our thoughts from perceived difficulties and adversities to practical, everyday reasons for happiness. Gratitude is the quickest route to happiness I have found.

~Adapted with permission from "From Seeker to Finder: Discovering Everyday Happiness," Revised Edition, by George Kimeldorf

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.



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 irresponsibility, 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 the same as love, and that sexual activity motivated by craving can harm myself as well as others, I am determined not to engage in sexual relations without mutual understanding, true care, deep respect, and a loving commitment to the long-term wellbeing of myself and others, in harmony with 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 irresponsibility. Seeing that body and mind are one, I am committed to learning appropriate ways to take care of my sexual energy and 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 unmindful 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 unmindful 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 ingest any intoxicants, nor to gamble or to use 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.

