

# DALLAS MEDITATION CENTER

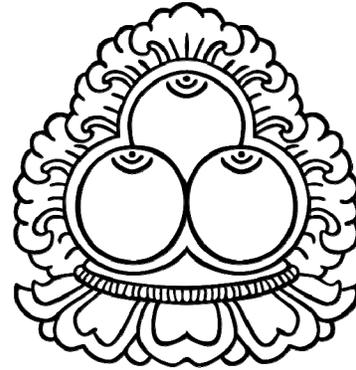
**JUNE 2016 – “TAKING REFUGE IN THE THREE JEWELS”**

*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 \**

- Jun 5: "I Take Refuge in the Buddha"  
**Speaker:** Bobbie Perkins
- Jun 12: "I Take Refuge in the Dharma"  
**Speaker:** Thich Minh Thien
- Jun 19: "Father's Day"  
**Speaker:** Awakening Heart Community
- Jun 26: "I Take Refuge in the Sangha"  
**Speaker:** Colleen Aldstadt



## **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 – *June 1, July 6*)

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

- \* 2:00p **Monthly BEGINNERS MEDITATION Workshop**  
Next scheduled: Jun 18 *check website for other dates*

6/3/16 – 7:00pm – First Friday Drum Circle with Dorayne Breedlove at DMC @ CSLDallas

\*6/11/16 – 7:00-8:30pm – Music Meditation & Healing Concert with Cornell Kinderknecht & Martin McCall at the Ananda Meditation & Yoga Center of Dallas.

\*6/12/16 – 2:00-3:30pm – Positive Thinking: Create The Life You Want with Dr. Paula Joyce at CSLDallas

6/12/16 – 7:15pm – Sangha YUM social: Dinner out at a nearby Thai restaurant. All are welcome. Meet up at the end of our Sunday meditation gathering and caravan to the restaurant.

\* = Register Online

**WWW.DALLASMEDITATIONCENTER.COM**

# AWAKENING HEART

## THE THREE JEWELS

## THE THREE REFUGES



I take refuge in the Buddha, the one who shows me the way in this life.

I take refuge in the Dharma, the way of understanding and of love.

I take refuge in the Sangha, the community that lives in harmony and awareness.

Dwelling in the refuge of Buddha, I clearly see the path of light and beauty in the world.

Dwelling in the refuge of Dharma, I learn to open many doors on the path of transformation.

Dwelling in the refuge of Sangha, shining light that supports me, keeping my practice free of obstruction.

Taking refuge in the Buddha in myself, I aspire to help all people recognize their own awakened nature, realizing the Mind of Love.

Taking refuge in the Dharma in myself, I aspire to help all people fully master the ways of practice and walk together on the path of liberation.

Taking refuge in the Sangha in myself, I aspire to help all people build Fourfold Communities, to embrace all beings and support their transformation.

## REFUGE AND RENEWAL

From a talk by Brother ChiSing on November 11, 2012 at Dallas Meditation Center

I'm so grateful, that I found this practice. I am so grateful that I found the Dharma. I'm so grateful to be able to take refuge in the Buddha, the Dharma, and the Sangha.



One time I had a dream, and in this dream I was in a beautiful church. And I knelt before the altar

and I prayed, and I asked God, in this dream, "Dear God, if you are the perfect creator, then that means that you can only create perfect creation. So if that's the case, why do you allow me to mess up so much? Why do I mess up so much? How is this possible? How can this be!" In the dream, I heard the voice of God speaking softly in my heart, "It's because, my child, I have a sense of humor!" Anyway, that was a wonderful dream for me.

So many times in my life, I look and I see all the different trial and error mistakes I make. I don't know what I would have done without this practice, this refuge. I am very grateful.

According to the Buddha's teachings, especially from the Theravadan tradition, from their point of view, there are four stages of enlightenment: the Stream-Enterer, the Once-Returner, the Non-Returner, and the Arahant. But I am not really so concerned about the last three, because, to me, they are just so far advanced.

I just want to be concerned with the "Stream-Enterer", the first stage of enlightenment and according to the Buddha's teachings in the Theravadan tradition. It's very simple to realize the first stage of enlightenment. To enter the stream of enlightenment only requires taking refuge in the Buddha, taking refuge in the Dharma, taking refuge in the Sangha, and practicing the five mindfulness trainings but doing them fully with all our heart, with our deepest commitment, and diligently throughout our life.

So, perhaps, if you think that full enlightenment is a little bit too daunting, well how about just the first stage of enlightenment, just entering the stream of non-retrogression? Where, from that point forward, you never go backwards ever again. Just always forwards, towards full enlightenment. Whether you want to take that literally or metaphorically, I think the point of this teaching is that "you can do it." It's not as hard as you think. It just takes practice, and it takes the willingness to commit and to fully receive the support of the enlightened teachers, the enlightened teachings and practices, and all those who are in the community with you, supporting you, and you supporting them in the practice.

If I didn't have refuge, I would give up pretty easily. Without refuge, you're just like a little drop of water, as I've shared before. You can evaporate so easily by yourself. But by taking refuge, you join your little drop of water with many, many, other drops of water, creating a mighty river on the path of enlightenment that cannot be stopped. So if you're in an anxiety mind state, or a depression mind state, or a peaceful mind state, or an anger mind state, or a blissful mind state—whatever your mind state is: keep practicing and keep taking refuge, through all of it.

You know, there is so much different terrain along the way. It's not all mountain peaks. There are valleys and there are crags, and there are all kinds of confusing labyrinths and forests and all that, speaking in metaphor. There is even a plateau of dry desert on the path. But if you take refuge, you can get through it. Especially in my own life, when I have gone through the dry spots in my practice where, "Gosh, there doesn't seem too much bliss right now, and there doesn't seem too be much peace, not even much wisdom." Yet, I still take refuge. I take refuge. I take refuge.

That's the only way I know how to get through all the different parts of our life journey, is to just keep taking refuge.

Now in the Zen tradition and some other traditions we also say, "Not only do I take refuge in the Buddha, the Dharma, and the Sangha," but also, "the Buddha takes refuge in me, the Dharma takes refuge in me, and the Sangha takes refuge in me." That might sound a bit sacrilegious. But the deepest truth is that who you truly are *is* Buddha, *is* Dharma, and *is* Sangha.

So all other beings who are enlightened, they need you because we are all needed, all together, without one single being lost. All of us together are needed to have a full manifestation of Buddha, a full manifestation of Dharma, a full manifestation of Sangha. If even one being is left out, we are not complete. So all of us are necessary, and all of us are the Infinite Light, the Infinite Love, and the Infinite Life.

So thank you for being who you are. Amitabha.

## MESSAGE FROM BOBBIE PERKINS



Every Sunday during the Awakening Heart service, we recite these words:

*"I take refuge in the Buddha, the one who shows me the way in this life. I take refuge in the Dharma, the way of understanding and of love. I take refuge in the Sangha, the community that lives in harmony and awareness."*

The Buddha, the Dharma and the Sangha are often referred to as the Three Jewels. But what does all that mean? What does taking refuge in the Buddha, the Dharma and the Sangha have to do with our daily lives?

During the month of June, we will explore these questions and deepen our understanding of the meaning of each of the Three Jewels. The Buddha and our teacher, Thich Nhat Hanh (Thay), have given us clear guidance about the importance of the Three Jewels as support for our individual and collective growth. Thay says it like this:

*"If you look after the Sangha, you are looking after the Buddha. When you walk in mindfulness, you are taking good care of the Dharma. The Dharma cannot exist without a Buddha and a Sangha. When you take refuge in one jewel, you take refuge in all three."*

Brother ChiSing reminded us of the importance of taking refuge as a part of our daily practice. He said, "Without refuge, you're just like a little drop of water. You can evaporate so easily by yourself. But by taking refuge, you join your little drop of water with many, many other drops of water, creating a mighty river on the path of enlightenment that cannot be stopped."

There is a lot of love and joy and support in the Awakening Heart sangha. The Buddha and the dharma clearly shine through. I look forward to seeing you during June as we learn more about The Three Jewels.

A lotus for you,  
Bobbie

## 5 MINDFULNESS TRAININGS TRANSMISSION CEREMONY



Thank you to everyone who participated in the Five Mindfulness Trainings Transmission on May 22, 2016 at our Awakening Heart Community of Mindful Living gathering at Dallas Meditation Center, Dallas, Texas. Thank you to the 22 aspirants who took this step to show their commitment to peace and harmony in the world. Gratitude to around 50 people in attendance who showed support to the aspirants on this step along their path. Appreciation to those who arrived early to set the room so beautifully and to prepare the fellowship hall for the meal that followed. Thank you to all who brought food to share afterwards. The service in setting the meditation space and the dinner space, along with preparing the food we eat, are actually an embodiment facilitating the practice of the 5th Mindfulness Training, providing the types of nourishments that are beneficial to happiness and well-being. Thank you for helping us all on our path of enlightenment.

Brother ChiSing always reminded us that we are all ONE SANGHA. Last Sunday's ceremony was a true example of his vision, bringing together

many of our practice groups. Terry Cortes-Vega of Plum Blossom Sangha in Austin facilitated the transmission ceremony. Aspirants and facilitators from area sanghas participated -- Metamorphosis Sangha from the Ft. Worth area, True Awareness Sangha from Rockwall, Interbeing Online Community, plus each of our Awakening Heart Community of Mindful Living practice groups: Sunday Awakening Heart, Mindful Mondays, Tuesday Young Enlightened Souls, Wednesday Interbeing Sangha.

Bowing in gratitude to everyone.

### 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](mailto: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.



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