

DALLAS MEDITATION CENTER

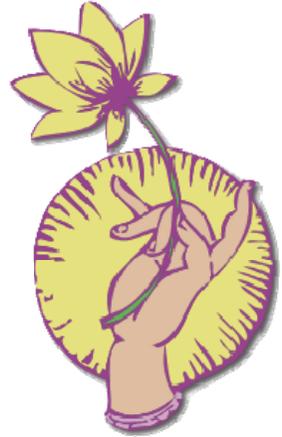
JULY 2016 – “KEYS TO LIBERATION”

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)

- Jul 3: “Liberation and the Three Dharma Seals”
Speakers: Bobbie Perkins and Cornel Kinderknecht
- Jul 10: “The First Dharma Seal: Impermanence”
Speaker: Thich Minh Thien
- Jul 17: “The Second Dharma Seal: Non-self”
Speaker: Andy McDonald
- Jul 24: “The Third Dharma Seal: Nirvana”
Speaker: Jyoti Subramanian
- Jul 31: “Liberation and the Mindfulness Trainings”
Speaker: Bobbie Perkins and Cornell Kinderknecht



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 – July 6)

Saturday (once-a-month)

- * 2:00p **Monthly BEGINNERS MEDITATION Workshop**
Next scheduled: July 16, August 20 *check website for other dates*

July 4, 2016 – Dallas Meditation Center Will be CLOSED

07/01/16 – 7:00pm – First Friday Drum Circle with Dorayne Breedlove at DMC @ CSLDallas

*07/12/16-08/02/2016 – 7:30-9:00pm – Learn Native American Flute – 4 week series with Cornell Kinderknecht in Plano.

*7/17/16 – 2:00-3:30pm – Creativity as Self-Expression with Dr. Paula Joyce at CSLDallas

MARK YOUR CALENDAR NOW: 8/21/16 – 5-7pm – Guest speaker Gaelyn Godwin, Abbot, Houston Zen Center

* = Register Online

WWW.DALLASMEDITATIONCENTER.COM

"TWO ASPECTS TO OUR PRACTICE"

Transcript of a talk by Brother ChiSing
Awakening Heart (Community of Mindful Living)
March 22, 2007 - Dallas, Texas

There are two aspects to our practice. One is to realize and to trust that we already are what we want to become. And it helps to relax into the practice, into life, into our true nature. So if we are the kind of person that is always beating up on ourselves and condemning ourselves, and judging ourselves, we might want to reemphasize the first aspect of our practice.

In the Christian tradition, this teaching is expressed in the word grace, having faith and trust in the grace of the Divine, that there is nothing that we can do to alter the fact that we are loved and embraced. And in the Buddhist tradition we express that in the teaching that we already are what we want to become. Nothing can change that fact. We already are a Buddha. We already are enlightenment itself.

The second aspect of our practice, then, is to awaken to that truth, through diligence, right effort, spiritual practice, mindfulness, meditation. In the Christian tradition this teaching is expressed as discipleship; to follow the anointed one, and to live a life of holiness and love and wisdom and truth; not just simply believing, but acting on it. And in the Buddhist tradition this is expressed in our practices of diligently coming back to meditation, keeping the mindfulness trainings of non-violence and generosity, and sexual responsibility, mindful communication, and healthy consumption; to come regularly together at Sangha to support each other, to express our spirituality in concrete ways in the world through our right action and right livelihood in the world and mindful parenting.

So if we're the kind of person then, perhaps we are a bit lazy and a little bit too carefree, we might want to reemphasize the second aspect of our practice and come back over and over again to the discipline of meditation, mindfulness training, Sangha, right action, right livelihood, and spiritual education.

Our practice has so many different layers about it, even if ultimately it is only one thing, one

reality. But that one reality is expressed in many layers and ways in this relative reality that we live in our human story. So, part of our practice is to reach a place of peace in our hearts through mindfulness and through breathing; through coming back to the here and now.



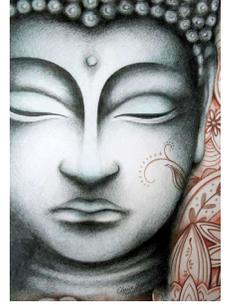
With that peace can come clarity in our decision-making processes, and in our planning processes. Part of our practice is to realize that there is an aspect of our mind that is much deeper and wiser than just the surface intellectual mind that likes to plan. So we come back to that deeper mind that can give much more clarity and insight in our decision making process; and when we come to rest in that as our identity, the greater true nature, then the planning mind, instead of being the master over us, is our servant. We can still use this everyday mind, but now it is not controlling us. Rather it now has its rightful place in serving us, serving our true nature.

But deeper than the happiness and the peace that we may find through this practice, deeper than that, is waking up to who we really are. Not identifying with the small separate self, not even identifying with the happy separate self, or the peaceful separate self, but waking up altogether from that identity; realizing our vast true nature which is one with all. But to get to that realization deeply we usually have to realize first, go from unhappy, disjointed, frenetic self to happy, peaceful, stable self. Then from that place we can let go of that self-identity altogether and realize the vastness, true nature, Nirvana.

In truth, our practice is always about mindful parenting. We are our own mothers and fathers practicing spiritual parenting of our heart, of our mind, of our bodies, of our lives, of our world. We are the father and mother of all things. We are the Buddha, caring for all beings.

"THE GREATEST HAPPINESS"

This translation of the Discourse on Happiness has been prepared by Thich Nhat Hanh from the Mahamangala Sutta (Sutta Nipata 1) in Pali.



Discourse on Happiness



I heard these words of the Buddha one time when he was staying in the vicinity of Savatthi at the Anathapindika Monastery in the Jeta Grove. Late at night, a great being appeared whose light and beauty made the whole Jeta

Grove shine radiantly. After bowing respectfully to the Buddha, she asked him a question in the form of a poem:

"Many humans and great beings
are eager to know
what are the greatest blessings
which bring about a peaceful and happy life.
Please, O Realized One, will you teach us?"

This is the Buddha's answer in poetry:

"Not to be associated with the foolish ones,
to live in the company of wise people,
honoring those who are worth honoring —
this is the greatest happiness.

"To live in a good environment,
to have planted good seeds,
and to realize that you are on the right path —
this is the greatest happiness.

"To have a chance to learn and grow,
to be skillful in your profession or craft,
practicing the precepts and loving speech —
this is the greatest happiness.

"To be able to serve and support your parents,
to cherish your own family,
to have a vocation that brings you joy —
this is the greatest happiness.

"To live honestly, generous
in giving,
to offer support to relatives
and friends,
living a life of blameless
conduct —
this is the greatest happiness.

"To avoid unwholesome actions,
not consumed by addictions,
and to be diligent in doing good things —
this is the greatest happiness.

"To be humble and polite in manner,
to be grateful and content with a simple life,
not missing the occasion to
learn the Dharma —
this is the greatest happiness.

To persevere and be open to change,
to have regular contact with monks and nuns,
and to fully participate in
Dharma discussions —
this is the greatest happiness.

"To live diligently and attentively,
to perceive the Four Noble Truths,
and to realize Nirvana —
this is the greatest happiness.

"To live in the world
with your heart undisturbed by the world,
with all sorrows ended, dwelling in peace —
this is the greatest happiness.

"For he or she who accomplishes this,
unvanquished wherever he goes,
always she is safe and happy —
for happiness is found within."

— the Buddha

MESSAGE FROM BOBBIE PERKINS

Here in the U.S. of A. we'll be hearing a lot about freedom during the month of July and seeing countless ads proclaiming FREE gifts to accompany your purchase or FREE interest on purchases for 60 months. The desire for freedom is universal, I think, but true freedom cannot be purchased at any price, there's never an interest charge and it doesn't come from an outside source. True freedom is always an inside job.



The Buddha gave us many examples and teachings to help us liberate ourselves from the habits, ideas and afflictions that inhibit our ability to be free. One of those teachings is called The Three Dharma Seals. It is said that any teaching that does not bear these Three Seals cannot be said to be a teaching of the Buddha. The Three Dharma Seals are impermanence, non-self and nirvana. Here are a couple of quotes from Thich Nhat Hanh regarding the Three Seals:

“Thanks to the practice of looking deeply into impermanence and nonself, Bodhisattvas are in touch with the ultimate dimension, free from the fears associated with ideas of existence and nonexistence, one and many, coming and going, birth and death. In this freedom, they ride the waves of birth and death in perfect peace. They are able to remain in the world of waves while abiding in the nature of water.”

“Nirvana is the ultimate dimension of life, a state of coolness, peace, and joy. It is not a state to be attained after you die. You can touch nirvana right now by breathing, walking and drinking your tea in mindfulness. You have been “nirvanized” since the very nonbeginning. Everything and everyone is dwelling in nirvana.”

I hope you'll join us this month as we support one another in mindfully and joyfully cultivating inner freedom.

A lotus for you,
Bobbie

GANGHWADO ISLAND

WHITE-ROBED MONK
SLICES THE MORNING MIST
CALLING FOR HIS DOG

— CHRISTINE FORD



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.

Would you consider becoming a sustaining donor?

One Dharma, Awakening Heart, Dallas Meditation Center is an educational 501(c)(3) non-profit organization that is funded solely by donation, and offers mindfulness, life-enrichment and wellness practices throughout North Texas. It is an interfaith organization open to people of all faith and non-faith based traditions.

Would you consider becoming a sustaining donor with a monthly gift of \$25, \$100, \$250 or other? You may set up a monthly gift online at www.DallasMeditationCenter/donate or by automatic draft through your bank, sending the gifts to: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083.



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