

DALLAS MEDITATION CENTER

OCTOBER 2016 – “TRANSFORMING AFFLICTED EMOTIONS”

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)



Oct. 2: *“Recognizing & Transforming Afflicted Emotions”*
Speaker: Bobbie Perkins

Oct. 9: *“Transforming Aversion”*
Speaker: Christina Clark

Oct. 16: *“Transforming Attachment”*
Speaker: Bobbie Perkins

Oct. 23: *“Transforming Indifference”*
Speaker: Cornell Kinderknecht

Oct. 30: *“Touching the Earth”*
Facilitators: 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 (no class – Oct. 12)*
10:30a QIGONG – *Janna Whitton (no class – Oct. 12)*
7:30p **INTERBEING Sangha** – *Bobbie Perkins*
(Five Mindfulness Trainings on First Wednesdays – Oct. 5)

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop**
Next scheduled: October 22 – *check website for other dates*

10/02/16 – 7:00pm – First Friday Drum Circle with Dorayne Breedlove at Dallas Meditation Center @ CSLDallas

*10/16/16 – 2:00-3:30pm – Financial Abundance: What You Don't Know with Dr. Paula Joyce at CSLDallas

*10/22/16 – 7:00-8:30pm – Music Meditation and Healing Concert with Cornell Kinderknecht and Martin McCall at the Ananda Meditation and Yoga Center of Dallas

*10/28-30/16 – Trauma Survivors Conference, Dallas 2016 at Texas Health Resource University

* = Register Online

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MESSAGE FROM BOBBIE PERKINS

Transforming Afflicted Emotions



The very first teaching of Buddha Shakyamuni (The Four Noble Truths) began with the truth that all beings suffer to some extent and that there are causes for that condition. He said that well-being (happiness) is possible and told us what is needed to achieve well-being. Everything Buddha taught for the next 45 years of his life correlated and expanded on this first teaching.

During October, we will focus on teachings that show us how to transform the afflicted emotions that are directly responsible for our unhappiness and suffering. We highlighted some of the obstacles to creativity and happiness last month when we focused on awakening our creativity. Recognizing those obstacles is vital because no transformation is possible without awareness. But recognition is just the first step. Transformation requires mindful attention to several factors and the will to maintain diligence during the entire process. Working together as a sangha helps us deepen our individual practices while also strengthening the collective sangha body.

I look forward to seeing you in October as we learn to identify afflicted emotions and their antidotes – setting us on the path of **Transforming Afflicted Emotions.**

Bowing in gratitude,
Bobbie



Dallas Meditation Center

We are one of the first and largest Interfaith meditation centers in North Texas, home to Zen Buddhism, Insight Mindfulness (Vipassana), Thich Nhat Hanh (Interbeing Sangha), Amitabha (Pure Land) Chanting, Yoga, Qigong, Tai Chi and other authentic and genuine traditions of meditation and mindful living.

Dallas Meditation Center welcomes people of all races, genders, sexual orientations, and religions.

Awakening Heart Community of Mindful Living

Spirituality, meditation, and “The JOY of Mindful Living” are the basis of all our 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 an ecumenical spiritual practice and a non-sectarian 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 very beginner-friendly, and we warmly welcome and affirm people of all ages, religions, genders, ethnicities, sexual orientations, abilities, classes and levels of meditation experience. We especially welcome those who have been spiritually abused by religious fundamentalism and who are seeking a safe refuge for inner healing within genuine spiritual community. Whoever you are, and wherever you are on life's journey, you are welcome here.

I have arrived, I AM HOME.

Most of our gatherings are held at Dallas Meditation Center @ CSLDallas, International Place, 4801 Spring Valley Rd, #115, 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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