

DALLAS MEDITATION CENTER

JANUARY 2017 – “The Three R’s: RENEW, REJOICE, RESOLVE”

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)



- Jan. 1: **New Year’s Day**
“Every Day is an Opportunity to Begin Anew”
- Jan. 8: **AWAKENING HEART 10-YEAR ANNIVERSARY**
Celebration: Meditation, live music, ritual, dance.
Speakers: Bobbie Perkins, Cornell Kinderknecht, Thay Z
Music: Robin Hackett, Rahim Quazi, Chris Campbell and others
Chanting and singing **begins at 4:30**, lead by YES young adults and Wind Song
Food and refreshments follow (please bring a vegetarian dish to share)
- Jan. 15: *“Release & Expand”*
Speaker: Thich Minh Thien, Zen Buddhist Monk
- Jan. 22: *“Aspiration Inspirations”*
- Jan. 29: **Lunar New Year – Year of the Rooster -- “Something to Crow About”**

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 – *Jan. 4*)

Saturday (once-a-month)

- * 2:00p **Monthly BEGINNERS MEDITATION Workshop** (Next scheduled: January 14)

01/06/17 – 7:00pm – First Friday Drum Circle with Dorayne Breedlove at Dallas Meditation Center @ CSLDallas
01/13/17 – 7:00pm – Kirtan with the Ananda Dallas Community @ Ananda Dallas Meditation & Yoga Center
*01/14/17 – 2:00-3:30pm – Positive Thinking: Make 2017 Your Best Year Yet with Dr. Paula Joyce @ CSLDallas
*01/18/17- 02/08/17 – 7:30-9:00pm – Learn the Native American Flute, level 1 with Cornell Kinderknecht (Weds. 4 Weeks)
*01/28/17 – 10:00am-4:00pm – Financial Prosperity: Set The Energy for 2017 with Dr. Paula Joyce
01/30/17 – 7:00pm – Season for Nonviolence Opening Ceremony at Northaven United Methodist Church

* = Register Online

Donate to the Dallas Meditation Center Relocation Fund: <http://www.DallasMeditationCenter.com/move>

WWW.DALLASMEDITATIONCENTER.COM

MESSAGE FROM BOBBIE PERKINS



The beginning of the new year stretches out before us like a blank canvas awaiting the stroke of our creativity. This is traditionally a time for reflection, renewed commitments and resolute promises. This can also be a time for recriminations and regrets from the past or anxieties and fears about the future. It's vitally important that we recognize these tendencies when they surface and take care to be kind to ourselves and others. During 2016, we learned many practical and helpful tools and techniques that help us stay happily focused in the present most of the time.

We learned that we all suffer when we succumb to afflicted emotions such as fear, anger, hatred and greed. Afflicted emotions take the form of attachment (craving), aversion (hatred) or delusion (indifference). To remedy attachment (craving), we apply generosity and contentment. The remedy for aversion (hatred) is compassion, patience and loving-kindness. To overcome delusion (indifference), we cultivate wisdom, insight and understanding.

Most recently, we learned the importance of watering the wholesome seeds in our store consciousness so that those are the qualities that manifest in our mind consciousness and in our lives. Remembering to take care what we ingest with our five senses and our mind, we ensure our own well-being and the well-being of others.

Meditation is the vehicle that provides a space for this kind of learning and growth to occur. The health of our community depends a great deal on the health of our meditation practice. That is why meditation is such a central element in all our gatherings. We are all blessed by the peace and love we generate during meditation and that beautiful energy ripples out into the world. I look forward to meditating with you this year!

Peace, joy and love in 2017,
Bobbie

SO YOU WANT TO LEARN TO MEDITATE?

Bobbie Perkins

The beginning of a new year is almost always accompanied by resolutions that are intended to make life better somehow. Learning to meditate is often at the top of that list of New Year's Resolutions. There is a lot of evidence extolling the many benefits of meditation. So how do you begin? And how do you maintain the practice? Can you benefit even if you meditate only a few minutes a day?

Meditation begins with awareness of the breath. Your breath is happening in the present moment and your

body is always in the present moment. When you give your attention to your breath and/or your body, you begin to align with the present moment. That is the beginning of meditation and this can happen within a breath or two. Try it now, if you like. Read the next couple of sentences, then stop reading, gently close your eyes and just pay attention to your breath while feeling your chest rise and fall with the breath. You may discover very quickly that your breathing slows and deepens and you may feel your body begin to relax a bit. Congratulations! You just meditated.

The Vietnamese Buddhist monk, Thich Nhat Hanh, says – *"In our daily lives, our attention is dispersed. Our body is in one place, our breath is ignored, and our mind is wandering. As soon as we pay attention to our breath, as we breathe in, these three things – body, breath and mind – come together. This can happen in just one or two seconds. You come back to yourself. Your awareness brings these three elements together, and you become fully present in the here and the now. You are taking care of your body, you are talking care of your breath, and you are taking care of your mind."*

Beginning and nurturing a meditation practice can be compared to planting a seed. Sometimes it's wise to get advice from a master gardener so that your seed gets a strong start and you feel confident about how to nurture it. Attending a Beginner's Meditation Workshop can provide you with that strong start and give you the confidence you need to nurture your new meditation practice. Building a meditation practice takes some diligence, but the benefits of meditation quickly make the effort worthwhile and enjoyable.

Scientific research is showing that even a few minutes of daily meditation has many benefits; including improving attention, memory, and creativity; relieving anxiety and depression; contributing to psychological well-being and much more. There is even some evidence that a meditation practice makes it more likely that you can keep your other New Year's resolutions!

The Dallas Meditation Center has been offering monthly Beginner Meditation Workshops for almost 10 years. Each workshop includes instruction in walking meditation, lying down meditation, guided seated meditation and silent seated meditation. Instruction is followed by time to practice, ask questions and share insights that arise from the practice. Learning is

enhanced by interaction with others in the workshop as your energies support one another in the small group setting.



You can learn more about the Dallas Meditation Center and the Beginner's Meditation Workshop at our website, www.DallasMeditationCenter.com or call us at 972-432-7871. You'll be glad you did!

TEN SPIRITUAL PRACTICES

Brother ChiSing

Brother ChiSing created a set of practices for our community in order to inspire us and to encourage us to let go of regret and judgment about the past. Let's begin anew today with his words...



Dear Students of Enlightenment, Continue to intensify your commitments to mindfulness, meditation and enlightened living. If you have slacked off a bit, just start over today, or start over this weekend, or start over on Sunday. Every week, just start over again. The ability to let go of the past without regret or judgment, and to begin anew again today, fresh and open, here and now, is POWERFUL and will serve you on your path to full enlightenment and Buddhahood. It does not matter how many times you fall. What matters is how many times you get up again and start over. This is the secret to inner strength.

1) Daily Meditation – Sitting Meditation is a way of resting as “Being” in alert accepting awareness. Walking Meditation helps to prepare us for Sitting Meditation as well as to extend “Being” to the various “doings” of our human life in the Universe. Consistency is the key to meditation practice (*preferably at least 20 minutes twice a day, perhaps before breakfast and before dinner*). A good minimum goal is 3 times a week.

2) Weekly Sangha – Attend group meditation at least once a week. The minimum is once a month. This practice is one of the most important, because you will always be reminded of all the other practices if you practice this.

3) Meditation Retreat & Nature – Attend a meditation retreat sometime this month, this season, this year. It could be a weeklong retreat, or a weekend retreat, or even just a daylong retreat, but the minimum is a half-day retreat (*at least 3 or 4 hours*). And spend time regularly in Nature too (*preferably in silence*).

4) Gratitude – Practice reciting out loud for at least 3 minutes nonstop all that you feel grateful for, or all that is positive, or at least all that is not bad. If you do this every day alone or with a friend, you will notice a major shift in your energy. The minimum is to practice this once a week, preferably with a friend, taking turns.

5) Dharma-reading & Journal-Writing – Read good spiritual Dharma books. Immerse your mind in positive teachings. Also, buy a new journal and write in it every day or at least once a week. Express yourself on paper.

6) Yoga / Qigong – If you don't already practice Yoga or Qigong, then this is the best time to start. Take a gentle Yoga class or energizing Qigong class. There are several to choose from at the DALLAS MEDITATION CENTER and other places. You will be amazed at how much this supports your meditation practice and your spiritual growth.

7) Healthier Diet – Consciously cut back on your meat consumption. If eating meat, choose fish over other forms. Eliminate consumption of pork and beef. Eat more fresh vegetables. Perhaps take a vegetarian cooking class. Consider having at least one vegetarian meal per day, and maybe one day a week that is completely vegan.

8) Blessing Prayer – Practice “metta” (*loving-kindness*) meditation and prayer. Visualize blessing Light radiating from your Buddha Heart toward your family, friends, neighbors, co-workers, communities, and the world, as well as to Brother ChiSing and all the staff, instructors, members and visitors of AWAKENING HEART.

9) "Dana" (Generosity) & "Seva" (Service) – Consider making a donation of \$100 each month this year to ONE DHARMA. Or perhaps give a one-time gift of \$1,000. And serve through volunteer work here or elsewhere. Dana and Seva are at the very heart of our practice.

10) Chanting Practice – This is an ancient spiritual practice from Mahayana Buddhism, and millions of practitioners, both past and present, can testify to its power. I have adapted it for our modern Western lifestyle. Here is the practice:

Chant a mantra at least 10 times during 10 periods of the day (*or whenever you think of it*). The mantra I recommend is the mantra "OM NAMO AMITABHA BUDDHAYA" (*Gratitude to the Infinite Light of Awakening*). You can also chant a shorter version of this mantra by simply chanting "AMITABHA" or "NAMO AMITABHA." Other variations are "OM AMITABHA HRIH" or "OM AMIDEVA HRIH" (*Infinite Divine Love*). If you prefer Avalokiteshvara (Quan Yin) you may chant "OM MANI PADME HUM" (*Enlightened Wisdom Compassion Activating*), or you may chant the mantra of the Medicine Buddha of Healing, etc.

If you prefer affirmations in English, here are three examples: **“I Am Safe, I Am Loved, I Am Free.”**

Simply put, the practice is to chant a mantra at least 10 times during 10 periods of the day (*or whenever you think of it*):

1. Upon waking
2. Before breakfast
3. After breakfast
4. Before work
5. Before lunch
6. After lunch
7. After work
8. Before dinner
9. After dinner
10. Before bedtime



Awakening Heart (Community of Mindful Living)

10th Anniversary CELEBRATION!

@ DALLAS MEDITATION CENTER



Sunday, January 8, 2017

4:30 pm – Doors open, Chanting & Singing

5:00 pm – Meditation, Music, Messages, Dancing & More

7:00 pm – Vegetarian Potluck Dinner

Chanting: Wake Up Dallas YES, Bobbie Perkins, Wind Song
Music: Robin Hackett, Rahim Quazi, Chris Campbell & others
Messages: Bobbie Perkins, Cornell Kinderknecht, Thich Minh Thien (Thay Z)

DALLAS MEDITATION CENTER @ CSLDallas, 4801 Spring Valley Rd, Suite 113, Dallas, TX

www.DallasMeditationCenter.com

Relocation FUND – WE NEED YOUR HELP

We have just over \$14,000 of the \$30,000 left to raise to cover renovation/relocation expenses. We hope to be in our own dedicated location in Richardson in early 2017. This will help us to fulfill our mission of bringing mindfulness and life-enrichment education to the North Texas community. In addition to being able to donate to our relocation fund when you visit any of our weekly meditation groups, here are other ways you can help:



- **Visit online at www.DallasMeditationCenter.com/move** There you will find how to give online through credit card or PayPal, where you can send checks or bank drafts, how to contribute to our crowd-funding campaign, and how to sponsor certain renovations items (e.g. flooring, electrical, etc.). Please share this link with others!
- Increase Dallas Meditation Center's reach into the world by **sharing our story with your friends and family on social media, phone chain and email. Invite them** to one of your regularly visited meditation days **to experience the JOY of Mindful Living!**
- **Will YOU or YOUR COMPANY match a gift?** Inquire with your Company's human resources or benefits department to see if your employer offers matching grant / donation programs. You can also direct them to our nonprofit certification info at: <http://www.guidestar.org/profile/46-3512018>



Most of our gatherings are held at Dallas Meditation Center @ CSLDallas, International Place, 4801 Spring Valley Rd, #113, 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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