

# DALLAS MEDITATION CENTER

**MAY 2017 – “I HAVE ARRIVED. I AM HOME.”**

**NEW LOCATION: 810 W. Arapaho Rd, Suite 98, Richardson, Texas 75080**

## **SUNDAYS 5:00-7:00 PM**

**Awakening Heart (Community of Mindful Living)**  
**Interfaith Buddhist Spirituality (Thich Nhat Hanh)**  
**Zen, Mindfulness, Holistic Meditation (Brother ChiSing)**



May 7: “Nourishment and Healing”  
**Speaker:** Bobbie Perkins & Cornell Kinderknecht

May 14: “Honoring All Mothers” - Mother’s Day  
**Speaker:** Bobbie Perkins

May 21: “I Am Home.” - **CELEBRATING** our new Location and DMC Birthday  
*Community vegetarian potluck dinner follows*  
**Facilitators:** Bobbie Perkins, Aaron Connor, Cornell Kinderknecht  
**Music:** Robin Hackett

May 28: “Coming Home to Oneself”

## **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**

9:15a TAI CHI – *Janna Whitton*  
10:45a QIGONG – *Janna Whitton*  
12:00p **ZEN-To-Go** (silent meditation) – *trained members facilitating*  
7:30p **INTERBEING Sangha** – *Bobbie Perkins*  
(Five Mindfulness Trainings on First Wednesdays – May 3)

## **Thursdays**

12:00p **ZEN-To-Go** (silent meditation) – *trained members facilitating*

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

\* 2:00p **Monthly BEGINNERS MEDITATION Workshop**  
*Next scheduled: May 13, June 10*

\*05/13/17 – 2:00-5:30pm – **Beginners Meditation Workshop at Dallas Meditation Center**

\*05/20/17 – 1:00-5:00pm – **Afternoon of Mindfulness Retreat at Dallas Meditation Center**

\*05/20/17 – 2:00-3:30pm – **Financial Abundance: What You Don’t Know – Dr. Paula Joyce @ CSLDallas**

\*05/27/17 – 7:00pm – **Dallas Meditation Center Drum Circle – Dorayne Breedlove**

\* = Register Online

**WWW.DALLASMEDITATIONCENTER.COM**

# 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 misconduct, 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 love, and that sexual activity motivated by craving always harms myself as well as others, I am determined not to engage in sexual relations without true love and a deep, long-term commitment made known to 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 misconduct. Seeing that body and mind are one, I am committed to learning appropriate ways to take care of my sexual energy and to 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

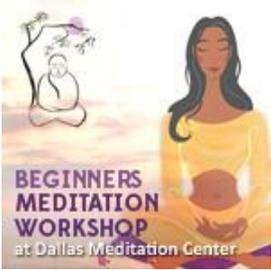
situations. I am determined not to spread news that I do not know to be certain and not to utter words that can cause division or discord. I will practice Right Diligence to nourish my capacity for understanding, love, joy, and inclusiveness, and gradually transform anger, violence, and fear that lie 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 gamble or to use alcohol, drugs or any 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.



# UPCOMING EVENTS



**Saturday, May 13, 2017**  
**2:00-5:30pm**  
**Beginner's Meditation Workshop**

A workshop open to all to experience the peace and joy of mindfulness and meditation. This

workshop is great for those just starting meditation, those who want a refresher, and for those who are training to teach meditation.

Facilitated by **Bobbie Perkins**.

*(Space limited to 16 persons)*



**Saturday, May 20, 2017**  
**1:00-5:00 p.m.**  
**Afternoon of Mindfulness / MEDITATION RETREAT**  
**"I have Arrived. I am Home"**

Treat yourself to a heart-opening afternoon of peace, joy, wisdom, and community through Sitting Meditation, Walking Meditation, Resting Meditation, Teachings, Sharing circles, Mindful Movement, Music and more. Facilitated by **Bobbie Perkins, Aaron Conner, Colleen Aldstadt** and **Cornell Kinderknecht**.

*This retreat is open to **persons 18+ years old who are experienced meditators** and have been practicing at Awakening Heart / Dallas Meditation Center or with similar sanghas or centers. If you are new to meditation, please come to one of Dallas Meditation Center's beginner meditation workshops*

**Sunday,**  
**May 21, 2017**  
**5:00-7:00 p.m.**

*Awakening Heart*

**Awakening Heart**  
**(Community of Mindful Living)**  
**CELEBRATE — "I Am Home"**

Come celebrate with us:

- **Gratitude Ceremony for our new location**
- **Dallas Meditation Center's 7th Birthday**
- **Wesak - Buddha's Birth and Enlightenment**

Celebrating ten years of our Sunday meditation gathering! Meditation, music & singing, blessing ritual, inspiring teachings. Invite your family and friends!

All are welcome!

Facilitated by **Bobbie Perkins, Aaron Conner, Cornell Kinderknecht** and other special guests.

Music with **Robin Hackett** and others.

- *Food and refreshments follow (please bring a vegetarian dish to share)*

**Saturday, May 27, 2017**  
**7:00 - 9:00pm**  
**Dallas Meditation Center**  
**DRUM CIRCLE**

Meets the **LAST SATURDAY** of each month. Bring your drums and percussion instruments. If you don't have any, don't worry, there's plenty to go around.

Facilitated by **Dorayne Breedlove**.

*Suggested love offering: \$10-\$20.*



## DANA FOR YOUR COMMUNITY

Any gift, substantial or small, is appreciated and helps our organization provide mindfulness and wellness education to the North Texas communities and beyond.

You may make your donations either today, at any Dallas Meditation Center event, or online at [www.DallasMeditationCenter.com](http://www.DallasMeditationCenter.com). Your gifts are eligible as charitable deductions for tax purposes.

Most of our gatherings are held at Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080.  
Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: [info@DallasMeditationCenter.com](mailto:info@DallasMeditationCenter.com)

**WWW.AWAKENINGHEART.ORG**