

DALLAS MEDITATION CENTER

JUNE 2018 – “THE FIVE MINDFULNESS TRAININGS”

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)

June 3: “True Love”
Speaker: Sharad Saxena

June 10: “Reverence for Life”
Speaker: Bobbie Perkins

June 17: Father’s Day
“True Happiness”
Speaker: Bobbie Perkins

June 24: “Deep Listening and Loving Speech”
Speaker: Michael Ferraro

* Sangha YUM: community social gathering at a nearby restaurant follows



Mondays

12:00p **ZEN-To-Go** (silent meditation)
6:00p TAI CHI – Janna Whitton
7:30p **MINDFUL Mondays** – Cornell Kinderknecht

Tuesdays

12:00p **ZEN-To-Go** (silent meditation)
7:00p **Wake Up Dallas YES** Meditation 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)
7:30p **INTERBEING Sangha** – Bobbie Perkins (Five Mindfulness Trainings on First Wed. – June 6)

Thursdays

12:00p **ZEN-To-Go** (silent meditation)

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** Next scheduled: June 9, July 14

06/03/18 – 1:00-2:30pm – Gong Journeys Meditation – Osten Aune

*06/09/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins

*06/16/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald

06/23/18 – 9:30am-12:00noon – Yoga & Meditation Sadhana – Jyoti Subramanian

*06/23/18 – 1:00-6:00pm – Holy Fire Reiki 1 – Jessica Hitch

*06/30/18 – 1:00-6:00pm – Holy Fire Reiki 2 – Jessica Hitch

06/30/18 – 7:00-9:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

* = Register Online

Children’s Sangha Sundays 5:00–7:00 pm

A program for children ages 5 and up whose parents are attending the Sunday Awakening Heart gathering.



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The FIVE 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.

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 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.

DALLAS MEDITATION CENTER (One Dharma)

June 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 DallasMeditationCenter.com	Directors: Bobbie Perkins Cornell Kinderknecht				1	2
3 1-2:30p Gong Journeys - Osten 5-7p AWAKENING HEART Meditation service - "True Love" Sharad Saxena 5-7p Childrens's Sangha 5 & up	4 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	5 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	6 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings	7 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	8	9 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
10 5-7p AWAKENING HEART Meditation service - "Reverence for Life" Bobbie Perkins 5-7p Childrens's Sangha 5 & up	11 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	12 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	13 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie	14 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	15	16 9:30a-12n Yoga/Meditation Retreat - Andy McDonald
17 Father's Day 5-7p AWAKENING HEART Meditation service - "True Happiness" Bobbie Perkins 5-7p Childrens's Sangha 5 & up	18 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	19 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	20 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie	21 June Solstice 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	22	23 9:30a-12n Yoga Sadhana - Jyotri Subramanian 1-6p Reiki 1 - Jessica Hitch
24 1:30-3:30p Reiki Share - Jessica 5-7p AWAKENING HEART Meditation service - "Deep Listening and Loving Speech" Michael Ferraro 5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant	25 12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9p Mindful Mondays Meditation - Cornell	26 12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	27 9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha - Bobbie	28 12-12:45p ZEN-to-Go 7-9p Unconditional Love Support Group - Gene Flake	29	30 1-6p Reiki 2 - Jessica Hitch 7-9p DRUM Circle - Dorayne