

## An Opportunity to Receive The Three Refuges and The Five Mindfulness Trainings

Mindfulness is the heart of the Buddha's teachings. Practicing the Five Mindfulness Trainings is practicing mindfulness in each moment of our daily life, not just during sitting meditation. The practice helps us protect our society, our family, and ourselves. The practice of the Trainings ensures a safe and happy present and a safe and happy future.

According to Thich Nhat Hanh, the practice of Buddhist meditation is impossible without the practice of the Five Mindfulness Trainings. He urges everyone who has confidence in the practice of mindfulness meditation to receive, study and practice the Trainings, with the support of a local Sangha.

The equivalent of the Five Mindfulness Trainings and the Three Refuges can also be found in all great spiritual traditions of the world. No matter what one's spiritual tradition, the practice of the Trainings and of the Three Refuges helps one to be rooted more deeply in one's own tradition.

We will have a ceremony to receive the Five Mindfulness Trainings. Our Dharma Teachers will offer the Five Mindfulness Trainings to anyone who wishes to receive them at that time.

If you are interested in receiving the Five Mindfulness Trainings, please fill in the following information and return to us at the Dallas Meditation Center.

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### 1. Contact info:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

### 2. Which of the Trainings would you like to receive? (circle)

1      2      3      4      5      ALL

3. A Dharma name can encourage you in the practice. If you would like to be given a Dharma name, please write a short statement below or on the reverse side, describing your aspirations for practice. *Your words here are very important to help the Dharma Teacher provide you with a name that will guide you in your practice.*