

DALLAS MEDITATION CENTER

JUNE 2019 – 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 2: "True Love"
Speakers: Sharon Winningham & Bobbie Perkins

June 9: "Loving Speech and Deep Listening"
Speakers: Awakening Heart & Bobbie Perkins

June 16: "Reverence for Life"
Speakers: Julie Ryan & Cornell Kinderknecht

June 23: "True Happiness"
Speakers: Awakening Heart & Cornell Kinderknecht

June 30: "Nourishment and Healing"
Speakers: Awakening Heart & Bobbie Perkins

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

Mondays

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

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.



Tuesdays

12:00p **ZEN-To-Go** (silent meditation)
7:00p **Wake Up Dallas YES** Meditation Community Young Adults (20's & 30's)

Wednesdays

9:30a TAI CHI – Janna Whitton
10:45a QIGONG – Janna Whitton
12:00p **ZEN-To-Go** (silent meditation)
7:30p **INTERBEING Sangha** – Bobbie Perkins (June 5 - Five Mindfulness Trainings Recitation)

Thursdays

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

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** (June 8, July 13)

Thursdays – 7:00-9:00pm – Unconditional Love Support Group – Gene Flake

6/07/19 – 8:00-10:00pm – First Friday Meditate and Dance Party! – Jessica Hitch, DJ Streaming Synergy

*6/08/19 – 2:00-5:30pm – **Beginners Meditation Workshop** – Bobbie Perkins

*6/15/19 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – Andy McDonald

*6/22/19 – 1:30-5:30pm – **Summer Solstice Mindfulness Meditation Retreat**

6/29/19 – 7:00-9:00pm – Dallas Meditation Center Drum Circle

6/30/19 – 2:00-3:30pm – Gong Journeys Meditation - Osten Anue

* Register Online

Dallas Meditation Center
Experience the JOY of Mindful Living

Best Of Dallas

Dallas Observer - September 2018

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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.

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

**Friday, June 7, 2019
8:00-10:00 p.m.**

First Friday Meditate and Dance Party!

All ages are welcome to enjoy mindful dancing at this fun event! Begin with a short sitting meditation and then move and groove to energetic world and electronic music mixed by a live DJ.

*Suggested donation:
\$10-\$20 / person*



**Saturday, June 8, 2019
2:00-5:30 p.m.**

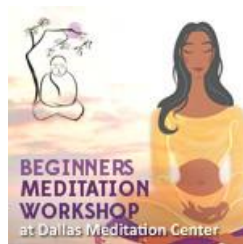
Beginner's Meditation Workshop

A workshop open to all to experience the peace and joy of mindfulness and meditation. great for those just starting meditation and those who've been meditating and want some guidance

Facilitated by **Bobbie Perkins**.

\$60 single / \$100 double.

Online registration required.



**Saturday, June 15, 2019
9:30 a.m.-12 noon**

Yoga & Meditation Mini-Retreat

Bring together the mindful movement and breath awareness

of yoga with the heart-opening practice of meditation. Includes yoga postures, walking meditation, seated meditation, and reclining guided relaxation.

Facilitated by **Andy McDonald**.

Fee: \$40.

Online registration requested



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 Nutrients; 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.

Saturday, June 22, 2019

1:30-5:30 p.m.

**Summer Solstice
Mindfulness Meditation Retreat**

Experience different styles of meditation, various mindfulness practices, music, deep relaxation, and calming peace.



Make a deeper connection with yourself and others.

All meditation groups encouraged to attend.

Fee: \$40/person.

Online registration requested.

Saturday, June 29, 2019

7:00-9:00 p.m.

**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.



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

Sunday, June 30, 2019

2:00-3:30 p.m.

**Gong Journeys Meditation
with Ostin Aune**

Gong Journeys is a form of sound therapy that encourages meditation, self-healing, deep rest, relaxation, prayer and spirituality; a rejuvenation of the body, mind, and spirit.



Donation: suggested \$20.



Dallas Meditation Center

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Message From Bobbie Essential Practices for Happiness

From an early age, Siddhartha was aware of the fact that everyone has experiences that cause some degree of suffering or loss of happiness. Perhaps it was that early awareness that compelled him to leave his comfortable home, his wife and young son, and begin his quest for understanding. That quest took him through several teachers and types of practices until he ended up at the point of death due to a severe ascetic practice. He survived because of the kindness of a young girl who gave him nourishment and cared for him until he was well enough to care for himself.

Searching for truth in others – teachers, gurus, yogis – had not yielded the insight he sought, so Siddhartha determined to sit in meditation and invite understanding to awaken within himself. He experienced many distractions and temptations but he persevered, diligently and patiently sitting until he gained the insight he had been seeking. Now The Awakened One, the Buddha, set out to share his understanding with others. His first teaching – The Four Noble Truths - is based on the insight received in his awakening experience.

The Four Noble Truths are stated in many different ways, but the intent is to remind us that even though we all suffer to some extent, happiness is also attainable in every moment. Thich Nhat Hanh lists the Four Noble Truths in this way:

*“The First Noble Truth is suffering (dukkha).
The Second Noble Truth is the origin, roots, nature, creation or arising (samudaya) of suffering.
The Third Noble Truth is the cessation (nirodha) of creating suffering by refraining from doing the things that make us suffer.*

The Fourth Noble Truth is the path (marga) that leads to refraining from doing the things that cause us to suffer.”

The Fourth Noble Truth refers to the Noble Eightfold Path which contains these elements: Right View, Right Thinking, Right Speech, Right Action, Right Livelihood, Right Diligence, Right Mindfulness and Right Concentration. In addition to the Noble Eightfold Path, the Buddha also gave us Five Precepts to follow if we want to live mindfully and happily. He said to avoid these things:

*Avoid killing.
Avoid stealing.
Avoid lying.
Avoid sensual misconduct.
Avoid consuming intoxicants.*

Thich Nhat Hanh has masterfully written the Five Mindfulness Trainings which give us practical suggestions and guidance about how to incorporate the Five Precepts and the Noble Eightfold Path into our own lives. The Five Mindfulness Trainings are:

Reverence for Life
True Happiness
True Love
Deep Listening and Loving Speech
Nourishment and Healing

During the month of June, we will explore the Five Mindfulness Trainings with the intent to deepen our personal and community practice. You will also be given information about an opportunity to make a commitment to one or more of the Mindfulness Trainings in a special ceremony that will be conducted in July.

The Five Mindfulness Trainings are printed in this newsletter for you. Please enjoy reading the trainings in preparation for our study of them during June. I always look forward to seeing you and meditating with you.

A lotus for you, a Buddha to be,
Bobbie

Please Take our 2019 Survey!

Your honest feedback will help us understand how we can serve you and the greater community!

<http://www.dallasmeditationcenter.com/survey>



GIVING (DANA)

“It takes time to practice generosity but being generous is the best use of our time.”
— Thich Nhat Hanh

Giving (dana) is an essential practice of interbeing. It is about openness and our capacity to embrace others with our compassion and love. When we see ourselves as others and others as ourselves, we recognize that by helping others secure their well-being and happiness, we are also securing our own well-being and happiness.

Dallas Meditation Center and its programs are supported almost entirely by the donations and efforts of the people who attend the classes and programs offered here. Donations are accepted at Dallas Meditation Center events or online at www.DallasMeditation-Center.com One Dharma Dallas Meditation Center Awakening Heart is a 501(c)(3) nonprofit educational human services organization. (EIN: 46-3512018)

Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080, 972-432-7871
Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083
Email: info@DallasMeditationCenter.com

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Dallas Meditation Center (One Dharma)

June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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</p>	<p>Directors: Bobbie Perkins Cornell Kinderknecht</p>					1
<p>2</p> <p>5-7p AWAKENING HEART Meditation service - True Love - Sharon Winningham & Bobbie Perkins</p> <p>5-7p Childrens's Sangha 5 & up</p>	<p>3</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>4</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>5</p> <p>9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie:5 Mindfulness Trainings</p>	<p>6</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>7</p> <p>8-10p First Friday Meditate and Dance Party! - Jessica</p>	<p>8</p> <p>2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins</p>
<p>9</p> <p>5-7p AWAKENING HEART Meditation service - Loving Speech and Deep Listening - Awakening Heart & Bobbie Perkins</p> <p>5-7p Childrens's Sangha 5 & up</p>	<p>10</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>11</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>12</p> <p>9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>13</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>14</p>	<p>15</p> <p>9:30a-12n Yoga/Meditation Retreat - Andy McDonald</p>
<p>16 Father's Day</p> <p>5-7p AWAKENING HEART Meditation service - Reverence for Life - Julie Ryan & Cornell Kinderknecht</p> <p>5-7p Childrens's Sangha 5 & up</p>	<p>17</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>18</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>19</p> <p>9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>20</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>21 June Solstice</p>	<p>22</p> <p>1:30-5:30p Summer Solstice MINDFULNESS MEDITATION RETREAT</p>
<p>23</p> <p>5-7p AWAKENING HEART Meditation service - Reverence for Life - Awakening Heart & Cornell Kinderknecht</p> <p>5-7p Childrens's Sangha 5 & up</p>	<p>24</p> <p>12-12:45p ZEN-to-Go</p> <p>6-7p TAI CHI - Janna</p> <p>7:30-9p Mindful Mondays Meditation - Cornell</p>	<p>25</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Wake up Dallas YES (20's & 30's) Meditation</p>	<p>26</p> <p>9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna</p> <p>12-12:45p ZEN-to-Go</p> <p>7:30-9p INTERBEING Sangha - Bobbie</p>	<p>27</p> <p>12-12:45p ZEN-to-Go</p> <p>7-9p Unconditional Love Support Group - Gene Flake</p>	<p>28</p>	<p>29</p> <p>7-9p Drum Circle</p>
<p>30</p> <p>2-3:30p - Gong Journeys Osten</p> <p>5-7p AWAKENING HEART Meditation service - Nourishment and Healing</p> <p>5-7p Childrens's Sangha 5 & up</p> <p>7:15p Sangha YUM Social gathering at a nearby restaurant</p>		<p>Notes</p>				