

# DALLAS MEDITATION CENTER

**NOVEMBER 2016 – “NOURISHING THE QUALITIES OF HAPPINESS”**

*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)**

- Nov. 6: “Nourishing the Qualities of Happiness”  
**Speaker:** Bobbie Perkins, Order of Interbeing Aspirant  
(standard time returns – set your clock back an hour)
- Nov. 13: “The Gift of Giving: Dana Paramita”  
**Speaker:** Andy McDonald  
ALL SANGHAS community meeting follows
- Nov. 20: “The Gift of Mindfulness: Shila Paramita”  
**Speaker:** Cornell Kinderknecht, Order of Interbeing Aspirant  
PRE-THANKSGIVING Celebration (join friends at a nearby restaurant afterward)
- Nov. 27: “The Gift of Inclusiveness: Kshanti Paramita”  
**Speaker:** Aaron Conner, Order of Interbeing Aspirant



## **Mondays**

- 12:00p **ZEN-To-Go** (silent meditation) – trained members facilitating  
6:00p TAI CHI – Janna Whitton (no class on Nov. 14)  
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 – Nov. 3)

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

- \* 2:00p **Monthly BEGINNERS MEDITATION Workshop**  
Next scheduled: November 19 – check website for other dates

11/04/16 – 7:00pm – First Friday Drum Circle with Dorayne Breedlove at Dallas Meditation Center @ CSLDallas

\*11/12/16 – 2:00-3:30pm – Walk the Labyrinth: A Sacred Experience with Dr. Paula Joyce at Episcopal Church of the Transfiguration

\* = Register Online

**WWW.DALLASMEDITATIONCENTER.COM**

# NOURISHING THE QUALITIES OF HAPPINESS

## MESSAGE FROM BOBBIE PERKINS



Dear Friends,

I am thinking of you as we approach the end of this year number 2016 and wanting to somehow convey my deep appreciation for your continued encouragement and support of the Dallas Meditation Center and all that we offer. This has been a very eventful year for our community. We have experienced great loss, as well as much happiness, which has strengthened our individual and collective practices. I feel strongly that we are all committed to continuing our spiritual growth and deepening our practice – and that makes me very happy!

Let's finish the year by focusing on Nourishing the Qualities of Happiness. These qualities will not be new to you, but may be presented in such a way that new understanding will arise and open you to new possibilities. The Qualities of Happiness are also known as the Six Paramitas. The word paramita is sometimes translated as perfection, as in perfecting the quality of giving or perfecting the quality of mindfulness and so on. Paramita can also be translated as "crossing over to the other shore". Thich Nhat Hanh explains this translation like this:

*We are on the shore of suffering, anger and depression, and we want to cross over to the shore of well-being. To cross over, we have to do something and that is called paramita.*

The Buddha said, *"Don't just hope for the other shore to come to you. If you want to cross over to the other shore, the shore of safety, well-being, non-fear and non-anger, you have to swim or row across. You have to make an effort."*

We have been blessed with many teachings, practices and examples that show us the way to well-being. During this past year, we have studied many of those teachings and done our best to put them into practice. Please join us during November and December as we explore and practice the Qualities of Happiness that help us reach the shore of freedom, harmony and well-being.

A lotus for you,  
Bobbie

## MESSAGE FROM CORNELL KINDERKNECHT



In Bobbie's message, she mentioned Nourishing the Qualities of Happiness, or the Six Paramitas. Learning and practicing with the paramitas holds a special place in memory for me. When our Sunday Sangha group initially began meeting in early 2007, one of the first series of talks that Brother ChiSing presented dealt with the concept of the paramitas. I was fairly new to meditation at that time and very new to the core Buddhist teachings. So, the study of the Six Paramitas, or the Six Perfections, or the Qualities of Happiness served as my introduction to a practice that would become a way of life for me, for many years to come.

Besides that the paramitas served as an introduction for me, one thing that draws me to these six concepts is simplicity – simple to understand and simple to put into practice. Even though they are simple, they are also some of the most powerful tools available to us. Six practices available to us at any time to carry us from a shore with anxiety, contempt and impatience to a shore with peace, understanding and calm... what incredible gifts. Not only can these practices be used to transport us to the shore of happiness, in the way of a Bodhisattva, we can also use these practices to help others reach the shore of refuge and peace.

I look forward to studying the Qualities of Happiness with all of you and I hope that you will also find them as comforting as I have. It would be great to hear from you about your own experiences over the next weeks as we look into these stepping stones to liberation.

In peace and joy...  
--- Cornell



## THE SIX PARAMITAS:

1. *dana paramita* – giving, offering, generosity
2. *shila paramita* – mindfulness
3. *kshanti paramita* – inclusiveness
4. *virya paramita* – diligence, energy
5. *dhyana paramita* – meditation
6. *prajna paramita* – wisdom, insight



## THE INSIGHT THAT BRINGS US TO THE OTHER SHORE

*New Heart Sutra translation by Thich Nhat Hanh (2014)*

Avalokiteshvara  
while practicing deeply with  
the Insight that Brings Us to the Other Shore,  
suddenly discovered that  
all of the five Skandhas are equally empty,  
and with this realisation  
he overcame all Ill-being.

“Listen Sariputra,  
this Body itself is Emptiness  
and Emptiness itself is this Body.  
This Body is not other than Emptiness  
and Emptiness is not other than this Body.  
The same is true of Feelings,  
Perceptions, Mental Formations,  
and Consciousness.

“Listen Sariputra,  
all phenomena bear the mark of Emptiness;  
their true nature is the nature of  
no Birth no Death,  
no Being no Non-being,  
no Defilement no Purity,  
no Increasing no Decreasing.

“That is why in Emptiness,  
Body, Feelings, Perceptions,  
Mental Formations and Consciousness  
are not separate self entities.

The Eighteen Realms of Phenomena  
which are the six Sense Organs,  
the six Sense Objects,  
and the six Consciousnesses  
are also not separate self entities.

The Twelve Links of Interdependent Arising  
and their Extinction  
are also not separate self entities.  
Ill-being, the Causes of Ill-being,  
the End of Ill-being, the Path,

insight and attainment,  
are also not separate self entities.

Whoever can see this  
no longer needs anything to attain.

Bodhisattvas who practice  
the Insight that Brings Us to the Other Shore  
see no more obstacles in their mind,  
and because there  
are no more obstacles in their mind,  
they can overcome all fear,  
destroy all wrong perceptions  
and realize Perfect Nirvana.

“All Buddhas in the past, present and future  
by practicing  
the Insight that Brings Us to the Other Shore  
are all capable of attaining  
Authentic and Perfect Enlightenment.

“Therefore Sariputra,  
it should be known that  
the Insight that Brings Us to the Other Shore  
is a Great Mantra,  
the most illuminating mantra,  
the highest mantra,  
a mantra beyond compare,  
the True Wisdom that has the power  
to put an end to all kinds of suffering.  
Therefore let us proclaim  
a mantra to praise  
the Insight that Brings Us to the Other Shore.

Gate, Gate, Paragate, Parasamgate,  
Bodhi Svaha!

Gate, Gate, Paragate, Parasamgate,  
Bodhi Svaha!

Gate, Gate, Paragate, Parasamgate,  
Bodhi Svaha!”

## PRACTICE SONGS

### Breathing In, Breathing Out

Breathing in, breathing out  
Breathing in, breathing out  
I am blooming as a flower,  
I am fresh as the dew.  
I am solid as the mountain,  
I am firm as the Earth.  
I am free.

Breathing in, breathing out,  
Breathing in, breathing out.  
I am water, reflecting  
what is real, what is true.  
And I feel there is space  
deep inside of me.  
I am free, I am free, I am free.

### I Have Arrived, I Am Home

I have arrived, I am home  
In the here and in the now.  
I have arrived, I am home  
In the here and in the now.  
I am solid, I am free.  
I am solid, I am free.  
In the Ultimate I dwell.  
In the Ultimate I dwell.

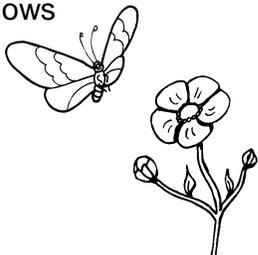
## GRATITUDE AFFIRMATION

Brother ChiSing (September 23, 2007)

In this place of beauty...

With each breath,  
let yourself be bathed  
by the memories of all the times in your  
life when you have received deeply  
from others, from nature, from life.

With each breath,  
receive that love into your heart  
so that your heart overflows  
with Gratitude.



## GATHAS (MINDFULNESS VERSES)

### Letting Go

Hearing the bell, I am able to let go of all afflictions.  
My heart is calm, my sorrows ended.  
I am no longer bound to anything.  
I learn to listen to my suffering  
and the suffering of the other person.  
When understanding is born in me,  
Compassion is also born.

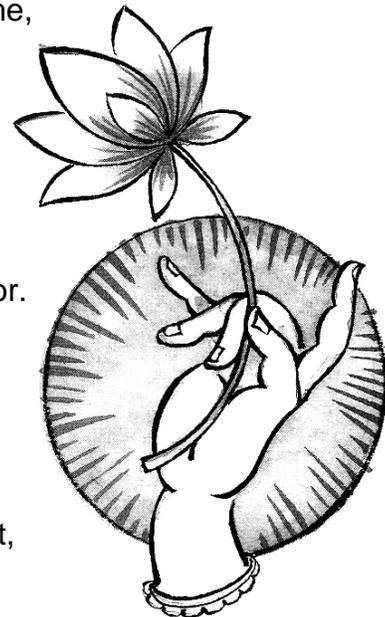
### Experiencing Emotions

Feelings come and go  
like clouds in a windy sky.  
Conscious breathing is my anchor.

### Waking Up

Waking up this morning I smile  
knowing there are 24 brand  
new hours before me.  
I vow to live fully in each moment,  
and look at beings  
with eyes of compassion.

*"There is no distinction between the one who gives, the one who receives, and the gift itself." -- Thich Nhat Hanh*



## 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.

Would you consider becoming a sustaining donor with a monthly gift of \$25, \$100, \$250 or other? You may set up a monthly gift online at [www.DallasMeditationCenter.com/donate](http://www.DallasMeditationCenter.com/donate) or by automatic draft through your bank, sending the gifts to: Dallas Meditation Center, PO Box 832412, Richardson, Texas 75083.

Most of our gatherings are held at Dallas Meditation Center @ CSLDallas, International Place, 4801 Spring Valley Rd, #115, Dallas, Texas 75244.  
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