

DALLAS MEDITATION CENTER

JULY 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)

- July 1: “Nourishment & Healing”
Speaker: Awakening Heart
- July 8: *Five Mindfulness Trainings Review / Q & A*
Speakers: Bobbie Perkins, Cornell Kinderknecht
- July 15: *Five Mindfulness Trainings Transmission Ceremony*
Facilitator: Terry Cortes-Vega
* *Community vegetarian potluck dinner follows*
- July 22: “The Five Rememberances”
Speaker: Thich Minh Thien (Thay Z)
- July 29: “Compassion”
Speaker: Nico
* *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

- Note: Wednesday groups will not meet on July 4*
9:30a TAI CHI – *Janna Whitton*
10:45a QIGONG – *Janna Whitton*
12:00p **ZEN-To-Go** (silent meditation)
7:30p **INTERBEING Sangha** – *Bobbie Perkins*

Thursdays

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

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop** Next scheduled: July 14, August 11

0706/18, 07/20/18 – 8:00-10:00pm – Sangha Party Dharma Dance, *sitting meditation & dancing* – Jessica Hitch

*07/14/18 – 2:00-5:30pm – **Beginners Meditation Workshop** – **Bobbie Perkins**

07/14/18 – 7:00-8:30pm – Music Meditation & Healing Concert – Cornell Kinderknecht & Martin McCall

*07/21/18 – 9:30am-12:00noon – **Yoga & Meditation Mini Retreat** – **Andy McDonald**

*07/21/18 – 1:00-5:00pm – Young Adults Mindfulness Meditation Retreat

07/28/18 – 9:30am-12:00noon – Yoga & Meditation Sadhana – Jyoti Subramanian

07/28/18 – 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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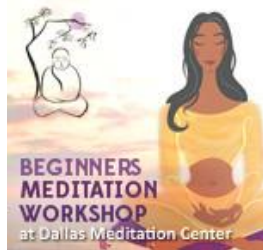
JULY HIGHLIGHTS AT DALLAS MEDITATION CENTER:

Sangha Party Dharma Dance

Every other Friday, 7/6, 7/20, 8/3, 8/17, 8/31

All ages are welcome to enjoy mindful dancing at this summer sangha party series! We will practice sitting meditation, then have fun moving and grooving to a variety of songs, mixed by a live DJ. Please observe the fifth precept and refrain from consuming alcohol, drugs, or any other products which contain toxins at this gathering.

8:00 - 10:00 p.m. Suggested donation: \$10-\$20 / person



Saturday, July 14, 2018

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.

This workshop is great for those just starting meditation, those

who've been meditating and want some guidance, and those who just want a refresher.

Facilitated by **Bobbie Perkins**.

\$60 single / \$100 double. *Online registration required.*

Saturday, July 14, 2017

7:00-8:30 p.m.

Music Meditation & Healing Concert

Come be energized and relaxed, joining our hearts in music and sound. Immerse yourself and find bliss in the soundscapes, rhythms and melodies. Cornell Kinderknecht, world flutes and Martin McCall, drums and percussion.

Suggested donation: \$15-25 / person



Saturday, July 21, 2018

9:30 a.m.-12 noon

Yoga & Meditation Mini-Retreat

A retreat that brings together the mindful movement and breath awareness of yoga with the heart-opening, centering practice of

meditation. This retreat will include yoga postures, walking meditation, seated meditation, and reclining guided relaxation. *Bring yoga mat if you have one.*

Facilitated by **Andy McDonald**.

Fee: \$40 (*online registration requested*)

Saturday, July 21, 2018

1:00-5:00 p.m.

Young Adults Mindfulness Meditation Retreat

Experience different styles of meditation, various mindfulness practices, fun group activities, and calming moments of peace. Connect with other like-minded young adults.

Facilitated by **Wake Up Dallas YES**

Sliding scale: suggested \$25.



Saturday, July 28, 2018

9:30 a.m.-noon

Yoga & Meditation Sadhana

Keep up your spiritual practice. Sadhana includes Energization Exercises, Pranayama, Yoga poses with affirmations, Chanting, and Meditation.

Facilitated by **Jyoti Subramanian**.

Fee: \$40.



Saturday, July 28, 2018

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.

Facilitated by **Dorayne Breedlove**.

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



Thursday Evenings

7:00-9:00 p.m.

Unconditional Love Support Group

Unconditional Love is truly caring about the happiness of another with no expectation of return. Join us to begin a mindful practice of unconditional love. Facilitated by **Gene Flake, LGCH**

Fee: by donation



LIVING WITH A GRATEFUL HEART

Dallas Meditation Center is here to serve all that are on the journey of peace, compassion, and joy. Let us support each other and send positive ripples out into our world as we mindfully meditate on our role and ability to support our center in serving the world.

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

Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080, 972-432-7871

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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)

July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Independence Day	5	6	7
5-7p AWAKENING HEART Meditation service - "Nourishment & Healing"	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna	12-12:45p ZEN-to-Go	Holiday - No Classes Today	12-12:45p ZEN-to-Go	7-9p Unconditional Love Support Group - Gene Flake	8-10p Sangha Party Dharma Dance - Jessica
5-7p Childrens's Sangha 5 & up	7:30-9p Mindful Mondays Meditation - Cornell	7-9p Wake up Dallas YES (20's & 30's) Meditation				
8	9	10	11	12	13	14
5-7p AWAKENING HEART Meditation service - 5 Mindfulness Trainings Review / Q & A	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna	12-12:45p ZEN-to-Go	9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go	12-12:45p ZEN-to-Go	7-9p Unconditional Love Support Group - Gene Flake	2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
5-7p Childrens's Sangha 5 & up	7:30-9p Mindful Mondays Meditation - Cornell	7-9p Wake up Dallas YES (20's & 30's) Meditation	7:30-9p INTERBEING Sangha - Bobbie			7-8:30p Music Meditation & Concert - Cornell & Martin
15	16	17	18	19	20	21
5-7p AWAKENING HEART Meditation service - 5 Mindfulness Trainings Ceremony - Terry Cortes-Vega	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna	12-12:45p ZEN-to-Go	9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go	12-12:45p ZEN-to-Go	7-9p Unconditional Love Support Group - Gene Flake	9:30a-12n Yoga/Meditation Retreat - Andy McDonald
5-7p Childrens's Sangha 5 & up 7p Community Vegetarian Potluck Dinner	7:30-9p Mindful Mondays Meditation - Cornell	7-9p Wake up Dallas YES (20's & 30's) Meditation	7:30-9p INTERBEING Sangha - Bobbie		8-10p Sangha Party Dharma Dance - Jessica	1-5:00p Young Adults Mindfulness Meditation Retreat
22	23	24	25	26	27	28
5-7p AWAKENING HEART Meditation service - The Five Rememberances - Thay Z	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna	12-12:45p ZEN-to-Go	9:30-10:30a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go	12-12:45p ZEN-to-Go	7-9p Unconditional Love Support Group - Gene Flake	7-9p DRUM Circle - Dorayne
5-7p Childrens's Sangha 5 & up	7:30-9p Mindful Mondays Meditation - Cornell	7-9p Wake up Dallas YES (20's & 30's) Meditation	7:30-9p INTERBEING Sangha - Bobbie			
29	30	31			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
5-7p AWAKENING HEART Meditation service - "Compassion" - Nico	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna	12-12:45p ZEN-to-Go				
5-7p Childrens's Sangha 5 & up 7:15p Sangha YUM Social gathering at a nearby restaurant	7:30-9p Mindful Mondays Meditation - Cornell	7-9p Wake up Dallas YES (20's & 30's) Meditation				