

# Awakening Heart

## (OPTIONAL EARLY MEDITATION)

### PRELUDE

### WELCOME

### OPENING AFFIRMATION

*Noble Community, we gather here now to honor the Way of Peace and Non-violence, the Way of Wisdom and Compassion, the Way of Joy and Beauty,*  
**in solidarity with one another, with all Humanity, and with all Life on Earth.**

*Friends on the Path, we gather here now to deepen our solidity like a mountain and to renew our freshness like a flower*  
**through mindful sitting and walking, mindful singing and breathing, and mindful speaking and listening.**

*Sisters and Brothers of Awakening, we gather here now to celebrate the One Light that shines through many religions, many cultures, many teachers; to practice the teachings of our ancestral teachers, including Siddhartha Gautama the Shakyamuni Buddha, and of our contemporary teachers, including Thich Nhat Hanh;*  
**and to affirm our faith in the capacity within ourselves and all persons, both men and women of every race, orientation and class, to realize full and perfect Enlightenment.**

### CHECK-IN & POINTERS

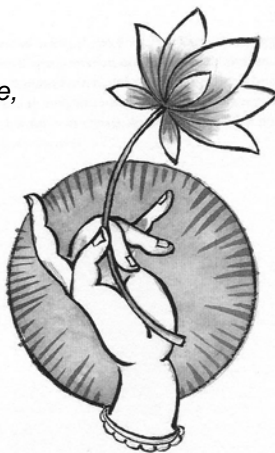
### SONG

### WALKING MEDITATION (15 min.)

*you may opt to do Resting Meditation instead*

### SITTING MEDITATION (25 min.)

*please respect the stillness and silence of this time*



### REFUGE CHANT: “The Three Jewels”

*Namo Buddhaya:* **Buddham Saranam Gacchami** –  
We take refuge in the Mind of Awakening,  
that which shows us the Way in this life.

*Namo Dharmaya:* **Dharmam Saranam Gacchami** –  
We take refuge in the Path of Awakening,  
the Way of understanding and of love.

*Namo Sanghaya:* **Sangham Saranam Gacchami** –  
We take refuge in the Community of Awakening,  
those who live in harmony and awareness.

### SONG & DHARMA TEACHING (20 min.)

### SHARING CIRCLE(S) & SONG(S)

### ANNOUNCEMENTS

*Please practice “dana” (generosity). Our bare minimal expenses are \$800 / month. Please consider making a monthly donation of \$108. Thank you!*

### SILENT BLESSING: “Dwelling in Divine Love, Compassion, Joy and Equanimity”

*Brahmavihara Maitri (Metta):*

May we and all beings be happy and loved.

*Brahmavihara Karuna:*

May we and all beings transform our suffering.

*Brahmavihara Mudita:*

May we and all beings rejoice in all joys.

*Brahmavihara Upeksha (Upekkha):*

May we and all beings let go, be content and at peace.

### CLOSING CHANT: “The Four Vows of Awakening Beings”

Countless beings,  
we vow to save.  
Ceaseless afflictions,  
we vow to end.  
Limitless Dharma doors,  
we vow to open.  
The highest path of Awakening,  
we vow to realize.

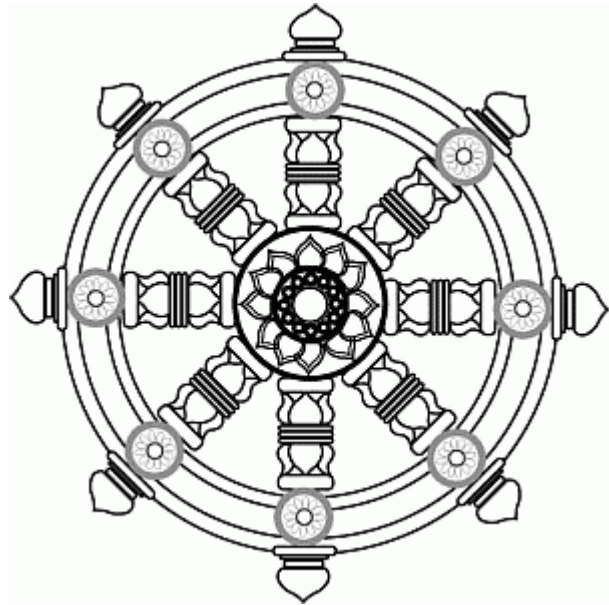
### OTHER CHANTS:

1. *Namo tassa Bhagavato Arahato SammaSamBuddhasa*
2. *Gate gate Paragate Parasamgate Bodhi svaha*
3. *Om Amitabha Hri . . . Om Ah Hum*

Spirituality, meditation, and **"The Art of Mindful Living"** are the basis of our weekly Sunday Sangha gatherings. Buddhist spirituality, as it was originally intended by the Buddha, is not exclusively "Buddhist" but **universally** applicable and beneficial for people of all faiths. The word "Buddha" simply means to be **"awake"** or **"enlightened,"** which is the potential in every person. **Mindfulness** is not limited to one religion, it is an ecumenical spiritual practice and a non-sectarian way of life that can benefit anyone and everyone, whether Buddhist, Christian, Jewish, or those of other faiths as well as the non-religious.

We are intentionally very **beginner-friendly**, and we warmly welcome and affirm people of all ages, religions, genders, ethnicities, sexual orientations, abilities, classes and levels of meditation experience. We are a **spiritual community** that provides a **safe refuge** for each individual to find and express their own unique spiritual self.

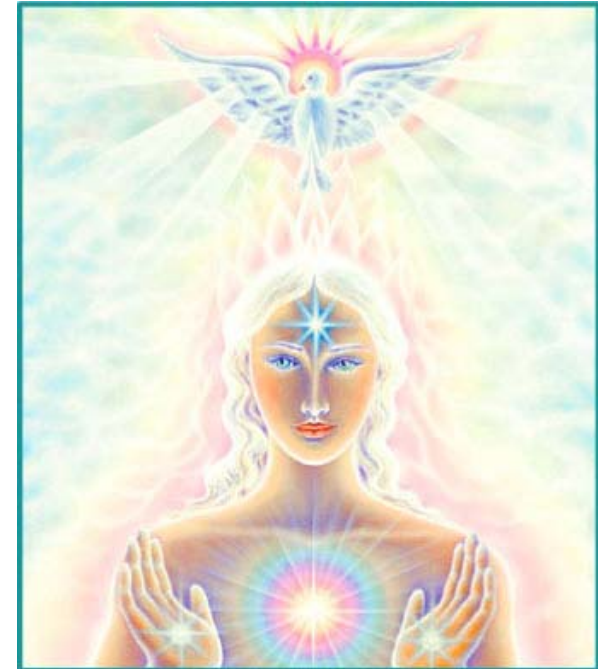
Whoever you are, and wherever you are on life's journey, you are welcome here. **"You have arrived, you are home."**



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## Community of Mindful Living

*interfaith ♥ inclusive ♥ integral ♥ inspired*



**Every SUNDAY at 5:30 PM**

- 4:00 Mindfulness **YOGA** with Susan Rainey
- 5:00 Optional early meditation (Childcare available 5:15-7:45)
- 5:30 **MEDITATION, MUSIC, MESSAGE & MORE**
- 7:30 Optional dinner meetings (see newsletter or website)

Spiritual Director: **Brother ChiSing**, M.Div., M.A.  
(an ordained disciple of Zen Master *Thich Nhat Hanh*)

*inspired by the Universal Wisdom and Compassion of Interfaith Buddhist Spirituality*

**UNITY CHURCH OF DALLAS: 6525 Forest Lane, Dallas, Texas 75230**

**AwakeningHeart.org**