

THE MONTHLY *Sangha* BULLETIN

The Monthly Email Newsletter
of the Dallas Meditation Center

This Month's Featured Stories

- Annual Community Survey
- Welcome our NEW Dallas Meditation Center CENTER DIRECTOR, Jiyoon Lee
- Learning The Art of Gratitude
- Five Mindfulness Trainings Transmission Ceremony - October 16, 2022
- Acceptance and Non-Attachment

Annual Community Survey 2022



Dear Noble Community,
how are we doing?

The Board of Directors wants to make sure that you are happy with the ways that we serve you and our stated [Mission and Values](#) statement.

The more we understand what is working for the folks of our community, and what's not, the more skillfully we can design our programs to meet your needs. Our promise: if there's anything we can do better to improve our offerings, we'll do it.

Please take a few minutes to fill out this IMPORTANT COMMUNITY SURVEY by December 1, 2022.

<https://dallasmeditationcenter.com/survey/>



Welcome our NEW Dallas Meditation Center CENTER DIRECTOR

Jiyoon Lee

1) What makes you excited about the DMC and your new role?

It was love at first sight when I first joined the Dallas Meditation Center in 2018. The Sangha shared my curiosity for how the human mind can be nurtured and healed. I discovered so many like-minded souls: people who read Carl Jung, studied Thich Nhat Hanh and wanted to learn more about themselves. The thought of serving this wonderful Sangha in a more active way is exciting and meaningful. The mission of the Dallas Meditation Center to offer a safe and welcoming space for mindfulness, build the practices and skills needed to find joy and mindful living, and transform the greater community resonates with me deeply. As a poet, artist, and musician, I especially love how the Dallas Meditation Center emphasizes the importance of CREATIVITY and self-expression as a crucial part of living mindfully.

2) What is your teaching experience?

I am a lifelong learner and sharing that learning by teaching others has always been a passion. I've taught creative writing in university classes, juvenile centers, and homeless shelters. I taught yoga for 7 years, and I've taught music to children. I've also taught meditation and mindfulness in a variety of settings, and for the past two years I have been a volunteer facilitator for Tuesday night here in our Sangha. I am excited to continue my teaching in my new role at the Dallas Meditation Center.



3) Who were your most influential Teacher/s?

TNH's compassionate teaching is a major influence on my learning and outlook on the world. I learn from and am inspired by all the people in my life who are dedicated to what they are passionate about: friends, coworkers, professors, nonprofit leaders. For years it's been my privilege to study Qi Gong under Michael Stallings, who has been a major teacher and mentor.

4) Latest life lesson?

One of the three seals, impermanence, is the latest life lesson that speaks to me very powerfully right now. My family has experienced some difficult changes recently. I've also been experiencing change in my body and my mind. The changing Fall season always reminds me about the impermanence of all things and for me is always a time of reflection and meditation on how all things change.

Come say "hello" to Jiyoon next time you visit the Dallas Meditation Center.

Buddhist temple in Korea, paying my respect to poet/activist monk Han Yong-Un



5) Recent book recommendations?

I'm reading the Art of Money by Bari Tessler. Having emigrated to the US on my own without a support network, having money felt like a matter of life and death. Bari is a somatic therapist and a meditator who speaks my language that guides us to build a healthier relationship with money. It's cool to know that mindfulness can be applied to everything, including money management.

6)What is your mantra?

Hmm, I don't really have a mantra. But I have three questions that I ask myself whenever I feel off: 1) how do I feel here and now (emotions, sensations, intuition), 2) where (in the body) do I feel it?, and 3) what can I do here and now? I find the body to be a helpful anchor, so this method helps me to locate myself, figure out how to soothe myself, and once I've done that I realize that the sense of helplessness was an illusion.



For fun, not really playing the instrument but still.

7) What are you currently most grateful for?

I am grateful for the inner resilience I am discovering in myself and my loved ones as we go through a difficult time. May you also find the inner resilience that is already present within you.

8) What do you want to achieve for the center?

My vision is for our Sangha at the Dallas Meditation Center to be a positive energy of mindfulness and compassionate connection that ripples outward into the community around us, guiding positive change and healing for ourselves and beyond.

9)What is your favorite meal?

I love the Ethiopian Veggie combo plate. I love cooking with spices but I cannot recreate the FLAVORS I find at the local restaurants, so I just go and receive the magic! I love how the act of sharing is part of eating the meal.

10) What are your creative outlets?

I think different mediums reveal different aspects of oneself, so I can't quite choose one. I love drawing, playing piano, singing, and writing.

11) What is something surprising that people don't know about you?

I LOVE ecstatic dancing. That surprises ME, considering how shy I was for the first half of my life. It's good to remember everything is always ch-ch-ch-changing, including our sense of self. May we mindfully change and flourish.



Crow pose at the Death Valley (yoga)

Learning the Art of Gratitude

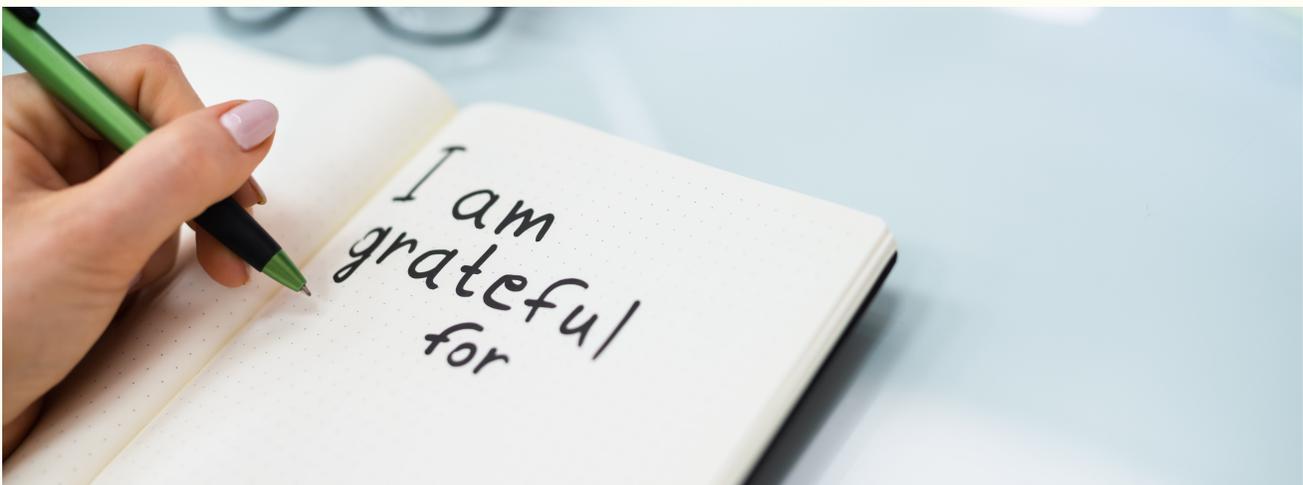
George Kimeldorf, Ph.D.

Author of “From Seeker to Finder: Discovering Everyday Happiness”

Find something in your life for which you are truly grateful and then feel and express that gratitude. The most important rule in putting this technique into practice is that gratitude be real and sincere. By paying close attention, you can be honestly grateful for many seemingly trivial daily situations you might otherwise overlook. Don't try to convince yourself that you are grateful. Simply identify those aspects of reality for which you are truly thankful.

When I first learned of this technique, I made it an intellectual challenge to list items for which I could be grateful. But I missed the point, which is to stop and deeply feel the emotion of gratitude—to experience real appreciation. The more I do it, the easier it becomes.

If you want to make gratitude a permanent part of your life as I have, start noticing ten different items every day for which you are grateful. Pause and experience gratitude as a meditation. Make a habit of noticing all the positive and supportive aspects of your life, and fully experience the joy of gratitude. By consciously paying attention to items for which you are grateful, you can gradually redirect your thoughts away from perceived difficulties and adversities and return to joyful equanimity.



Five Mindfulness Trainings Transmission Ceremony - October 16, 2022



Thank you to everyone who participated in the Five Mindfulness Trainings Transmission Ceremony. We had recipients join in online as far as Korea! We had sangha members from Austin drive in to join us in person! Afterward, we enjoyed a vegetarian/vegan potluck, sharing good food, fellowship, and fun conversation! A deep bow to the wonderful Terry Cortés Vega, coming out from Plum Blossom Sangha.

Here are all the recipients!!

Alex Bhandari
Alex Mills
Alex Shapira
Ana Shoemaker
Brinna Andoseh
Jill Jacobs
Jiyoon Lee
Johnathan Cobb
Jyoti Subramanian
Kris Nugent
Lenore Craven
Maria Narine Torres Cajiao
Matthew F Hill
Morty Ortega
Nicole Villano
Stevie Cornett
Theresa Domingues
Veronica M. Valles



Acceptance and Non-Attachment

By Thay Z

A few months ago, I was visited by Covid; something many who are reading this have also experienced over the last two and a half years and which I believe all will eventually be caught by. Fortunately, my symptoms were relatively mild and only lasted about 3-4 days. The fear of this virus was more concerning than the actual disease itself; or so I thought. A few weeks later, I began to experience symptoms associated with what is now known as Long Term Covid. This included dizziness, extreme fatigue, body aches and brain fog. Though the symptoms of this Long Covid have diminished, some continue to visit; namely fatigue and brain fog.

I am a human being so I must admit to falling prey to the “poor me”, “why me” and “when will this be over” syndrome. Applying the practice of Buddhist principles did move me along emotionally; especially the concept of Impermanence where the wish for this to end was my focus. But the truth is that Impermanence isn’t necessarily about an “end”. It is more accurate to say that all things are subject to “change” which may be an end to one thing and the beginning of another. It was time to add the practice of “acceptance and non-attachment” to this new wrinkle in my life.

Buddhism teaches that one of the main paths to spiritual growth and, ultimately awakening or enlightenment, is the acceptance of all things as they are in this moment. This means cultivating equanimity and the wisdom of acknowledging that, “it is the way it is”.

It is attributed to the Buddha that he said, “Serenity comes when you trade expectations for acceptance” and, “A wise man, recognizing that the world is but an illusion, does not act as if it is real, so he escapes the suffering.”

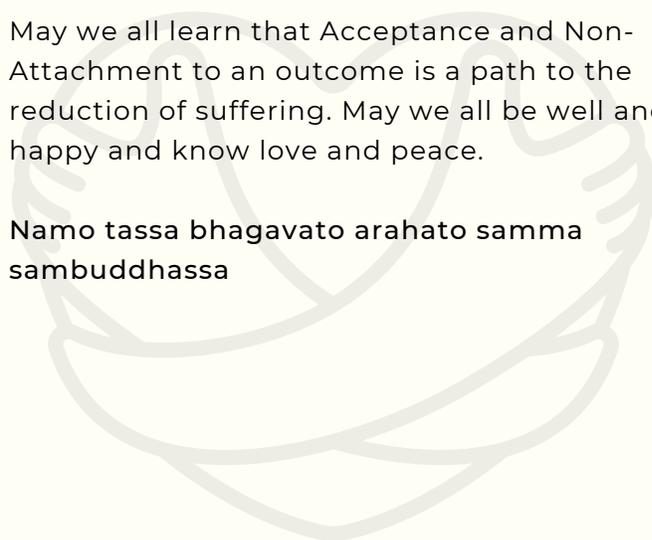
The practices of acceptance and non-attachment are critical to Zen and Buddhist practice, but they are easily misunderstood. It can sound like we’re being asked not to care about things, or not to try to change things for the better. Fortunately, this is not what Zen means by acceptance or non-attachment, because it’s impossible not to care, and trying to change things for the better is the bodhisattva path itself. So what does it mean to practice acceptance and non-attachment?

Essentially, it means we stop resisting the way things are, and then act in the world without tying everything back to our sense of self. It has nothing to do with twisting the experience around and pretending that all the misery in the world is actually beautiful or denying or sanitizing or reinterpreting the experience. It doesn’t say anything about what you’re going to do next. It’s entirely about being fully present right now. And it is about reacquainting our thinking with the wisdom found in the Five Remembrances.

Just allow and lead your thoughts with, “...I am of the nature to...” and, “...there is no way to avoid...”. In the case of Covid, this certainly seems to apply to my situation. It may already have visited you or will sometime in the future. No matter what challenges you, Acceptance and Non-Attachment hopefully will be useful for you as it has been for me.

May we all learn that Acceptance and Non-Attachment to an outcome is a path to the reduction of suffering. May we all be well and happy and know love and peace.

Namo tassa bhagavato arahato samma sambuddhassa



CALENDAR

Upcoming Offerings at Dallas Meditation Center

First Wednesday
5 Mindfulness Trainings Recitation
@ Interbeing Sangha Online

Wednesday, November 2, 2022

7:00-8:30 pm CT

Go to DallasMeditationCenter.com to receive the Zoom meeting information.

Interbeing Sangha

Yoga & Meditation Mini-Retreat ONLINE

(3rd Saturday of each month)

Saturday, November 19, 2022

2:00-4:00 pm CT

Facilitated by Andy McDonald, E-RYT

\$35



Giving Tuesday
Tuesday, November 29, 2022

Consider how the practice of dana (generosity) unfolds in your life on GivingTuesday. It is not the size of the gift, but the intention behind it that is most important. Follow us on Facebook, Instagram, or subscribe to our mailing list more information. Join Dallas Meditation Center on November 29 by pledging your time, skills, voice, dollars to support Waves of Goodness through Mindfulness.

Learn more at

<https://dallasmeditationcenter.com/givingtuesday>



VOLUNTEER
FACILITATORS NEEDED

We are looking for volunteers who would be willing to occasionally facilitate Zen to Go online on Fridays! This is a monthly commitment of 30 minutes, where you will lead a meditation through our Facebook page. We love being able to present this weekly offering for anyone who is unable to attend zen to go in person at the center. If you'd be interested in participating or have any questions please reach to our center director at jiyoon@dallasmeditationcenter.com





JOIN US WEEKLY

All of Dallas Meditation Center's Weekly Meditation classes are donation-based.

Some of our events are online and some are in person and some are hybrid, please check the website or with your teacher. Go to our [Events and Store page](#) to receive the Zoom meeting information. All events take place in CENTRAL TIME

SUNDAY —

4:30 - 5:00 pm – Optional EARLY SILENT MEDITATION before "Awakening Heart"
•In-Person

5:00 - 7:00 pm – [Sunday AWAKENING HEART](#) Meditation & More •Hybrid

GUEST SPEAKERS

November 6: Jessica Hitch

November 13: Bobbie Perkins

November 20: Thay Z

November 27: Rev. Veronica Valles

MONDAY —

12:00 noon - 12:45 pm – [ZEN-TO-GO](#) Meditation •In-Person

6:00 - 7:00 pm – [TAI CHI FOR BUSY PEOPLE](#) (Easy Tai Chi) •Hybrid

7:30 - 9:00 pm – [MINDFUL MONDAYS](#) •Online

TUESDAY —

12:00 noon - 12:45 pm – [ZEN-TO-GO](#) Meditation •In-Person

7:00 - 9:00 pm [WAKE UP DALLAS: Young Enlightened Souls](#) •Hybrid

WEDNESDAY —

9:15 - 10:15 am – [TAI CHI FOR BUSY PEOPLE](#) (Easy Tai Chi) •Hybrid

10:30 - 11:30 am – [QIGONG with Janna](#) •Hybrid

12:00 noon - 12:45 pm – [ZEN-TO-GO](#) Meditation •In-Person

7:30 - 9:00 pm – [INTERBEING SANGHA](#) •Online

THURSDAY —

12:00 noon - 12:45 pm – [ZEN-TO-GO](#) Meditation •In-Person

7:00 - 8:30 pm – [RECOVERING JOY: Peer Support for a Resilient Recovery](#)
•Online

FRIDAY —

12 noon - 12:30 pm – [ZEN-TO-GO](#) Meditation Facebook LiveStream •Online

See our [EVENTS CALENDAR](#)

Hybrid
5:00-7:00pm CST



- We welcome people with all levels of experience to practice with us.
- We affirm people of all ages, genders, ethnicities, sexual orientations and abilities.
- We are a refuge for all people regardless of their traditions or beliefs.

See our [Vision / Mission / Values](#)

Website: DallasMeditationCenter.com
Facebook: Facebook.com/DallasMeditationCenter
YouTube: YouTube.com/c/InterMindful
Instagram: Instagram.com/DallasMeditationCenter
Mailing list: <http://eepurl.com/bska5T>

The Dallas Meditation Center is lovingly supported by generous donations from the in-person and online community. Dallas Meditation Center needs your generosity more than ever. Please consider a gift to support our offerings, our staff, our teachers, and sangha. Visit our website:
DallasMeditationCenter.com/give

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Hold your device camera up to the QR code to donate.