

An Opportunity to Receive the Five Mindfulness Trainings

Mindfulness is the heart of Buddhist meditation. Practicing the Five Mindfulness Trainings is practicing mindfulness in each moment of daily life, not just during sitting meditation hours. The practice helps us protect ourselves, our family, and our society. The practice of the Trainings ensures a safe and happy present and a safe and happy future.

According to Thich Nhat Hanh, the practice of Buddhist meditation is impossible without the practice of the Five Mindfulness Trainings. He urges everyone who has confidence in the practice of Buddhist meditation to receive, study, and practice the Trainings, with the support of a local Sangha.

The equivalent of the Five Mindfulness Trainings and the Three Refuges can also be found in great spiritual traditions of the world. No matter what one's spiritual tradition, the practice of the Trainings and of the Three Refuges helps one to be rooted more deeply in one's own tradition.

During this Day of Mindfulness, Dharma Teacher Leslie Rawls will conduct a ceremony to transmit the Five Mindfulness Trainings to anyone who wishes to receive them. If you would like to receive one or more the Five Mindfulness Trainings, please complete the information below and email it to leslierawlsdt@gmail.com or place it in the meditation hall bell. You may provide the information on a separate piece of paper if you like.

Recommended Reading: *The Mindfulness Survival Kit*, by Thich Nhat Hanh (Parallax Press).

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

Email _____

Which Mindfulness Training(s) would you like to receive?

All Five First Second Third Fourth Fifth

Would you like to formally take refuge in the three jewels — Buddha, Dharma, and Sangha?

Yes No

Would you like to receive a Dharma name (lineage name) to encourage you in the practice?

(A Dharma name is intended to reflect your aspirations and support your practice by reminding you of your intentions and your potential.)

Yes No

If you would like to receive a Dharma Name, please write a statement of your aspirations in the practice on the back of this sheet and give it to Leslie or place it in the bell in our meditation room. (If you're responding by email, your statement may be in the email text or sent as an attachment.)