

Communities of Practice

# Sunday Check-In #20

## A Beautiful Place

**Facilitators: Mr Joey Yeo  
& Dr. Priscilla Wong**

21 February 2021

### AGENDA

11am: Welcome, Check-In & Dharma Talk

11:10 am: Community Breakout Groups and Discussion

11:25am: Feedback and Dedication of Merits

11:30am: Informal Chat for those who have time  
*\*the audio only of this session will be recorded*



# Purpose of Sundays' Check-In Sessions

- Develop a reflective practice in response to changes
- Cultivate thoughts, words and actions that are guided by humanistic and Buddhist values and wisdom
- Build communities and friendships



**FREE!** **Mindful**  
Check-In meditation app

Mindful Check-In allows one to transit from one setting to another, and gives the body and mind an opportunity to ease into the new setting.

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Search "Mindful Check-In" in your app store.

NAN TIEN INSTITUTE

The advertisement features a green background with a white line drawing of a person in a meditative pose. A smartphone is shown with the app interface. A QR code is on the left, and the Nan Tien Institute logo is at the bottom right. The text is in various shades of green and black.

## Pause

- Short breaks for some self-care

## Reflection

- Taking time to understand

## Humanistic Values

- Kindness, compassion, joy, equanimity, affinities, equality, patience, gratitude, humility.
- Self compassion - anger, jealousy, guilt
- Connecting Hearts, Pure Hearts, Beautiful Place

# Connecting Hearts

*As the earth goes spinning round  
Dancing in the night  
There's a new day and time to make things right  
Words and walls which divide us fade into the light  
Take a step closer our future can be bright  
A show of kindness can change the world to inspire us on our path*

First Verse

*Never wavering or giving up our dreams  
Believe a pure heart can mend all that is wrong  
Walk hand in hand connecting hearts and then together we stand  
I dream of **a beautiful place** for us all  
Walk hand in hand connecting hearts and then together we stand*

Second  
Verse

# Excerpt from the Sutra of Perfect Enlightenment

*"Good sons, enlightenment reveals limitless space. Since enlightenment is perfectly clear, the manifest mind is pure. **Since the mind is pure, the objects of vision are pure.** Since vision is pure, the eye faculty is pure. Since the eye faculty is pure, the visual consciousness is pure. Since this consciousness is pure, hearing is pure. Since hearing is pure, the ear faculty is pure. Since the faculty is pure, the auditory consciousness is pure. **Since the consciousness is pure, all perception is pure, and so it is true for smell, taste, touch and conceptualization as well.**"*

*"Good sons, **since the eye faculty is pure, the color spectrum is pure.** Since color is pure, the field of sound is also pure. The same is true of the fields of smell, taste, touch and thought."*

*"Good sons, **since the six objects are pure, the Earth element is pure.** Since Earth is pure, Water is pure, and so are Fire and Wind. Good sons, since the Four Elements are pure, the Twelve Loci, the Eighteen Realms and the Twenty-Five Kinds of Existence are pure.*

- Venerable Master Hsing Yun,  
2021, Year of the Ox

花向四季  
耕耘心田



2021 辛丑年 慶



佛光山



Cultivate a Heart that Blooms in All Seasons

佛光山宗委會 · 國際佛光會 敬賀



# Discussion

*As the earth goes spinning round  
Dancing in the night  
There's a new day and time to make things right  
Words and walls which divide us fade into the light  
Take a step closer our future can be bright  
A show of kindness can change the world to inspire us on our path*

*Never wavering or giving up our dreams  
Believe a pure heart can mend all that is wrong  
Walk hand in hand connecting hearts and then together we stand  
I dream of **a beautiful place** for us all  
Walk hand in hand connecting hearts and then together we stand*

**Discussion Question: As we consolidate our thoughts across the entire lyrics of the Connecting Hearts song, what do you think are the characteristics of a “beautiful place for us all”?**

## Breakout Check-In's (about 15 minutes)



**Check-In**

Get to know one another

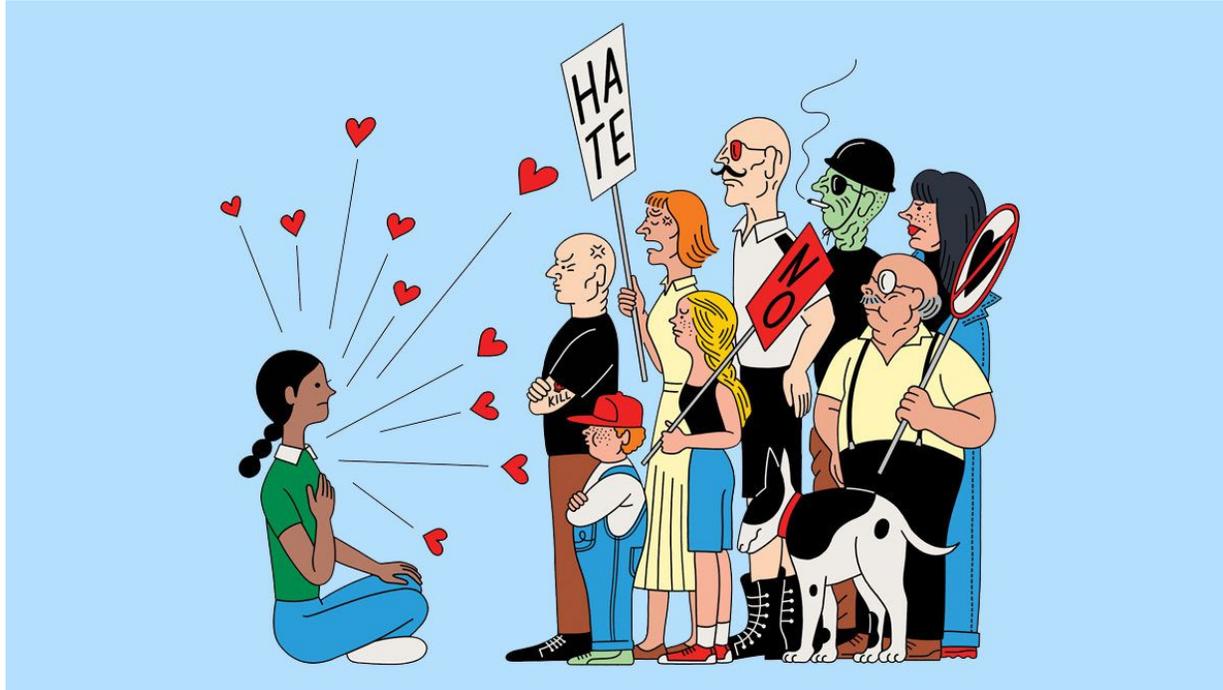
**Agree**

Agree on a topic to discuss

**Listen**

Allow everyone time to speak

# Metta



May you be filled with  
loving kindness  
May you be well  
May you be peaceful  
and at ease  
May you be happy

A gentle reminder that we are all practicing our loving kindness, so let's speak kind words and listen with a loving heart

Break Out Session

# Welcome to Share in the Chat

Please share any thoughts you are comfortable with here.

We also welcome comments or feedback to be sent after the session to [email@thebbep.org](mailto:email@thebbep.org)



# Next week - “Work for a peace which is strong”

## *Excerpt from the lyrics of the song “Harmonize”*

*“Let's harmonize all that is wrong  
And **work for a peace which is strong**  
And gain some respect for this earth  
For all of mankind we will serve”*



The URL to this song will be circulated via email before next Sunday's session. Or you can load the song via the QR code beside.



# Check-Out

**May kindness, compassion, joy and equanimity pervade all worlds**

**May we cherish and build affinities to benefit all beings**

**May Chan, Pure Land and precepts inspire equality and patience**

**May our gratitude and humility give rise to great vows**

Venerable Master Hsing Yun



# Thank You

We hope the check-in was helpful to you and that you experienced the loving kindness of this community as it is offered here today. For anyone who might be experiencing a greater need than what today could meet, please don't hesitate to get in touch with us ([email@thebbep.org](mailto:email@thebbep.org)) after the session.

Or alternatively you can reach out to the following professional organisations:

- Lifeline: 131114
- Beyond Blue: 1300224636

Please invite any friends or family who you may think will benefit.

# **March Sessions: Ask the Community**

Vote for your preferred topic

Link will be sent by email and in the chatbox



See you again on **21 Feb 2021** at 11 AM

See [communities.nantien.edu.au](http://communities.nantien.edu.au) for resources

**Thank You!**

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