

Communities of Practice

Sunday Check-In #26

The Hindrances 1

**Facilitators: Dr Jonathan Page and Dr
Katya Todarello**
4th April 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.

Available on the App Store GET IT ON Google play

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

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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
- **Harmony**

The Five Hindrances

- 1. Sensory (sensual) desire:**
- 2. Ill-will (aversion):**
- 3. Sloth, torpor and boredom:**
- 4. Restlessness-and-worry:**
- 5. Doubt**

Managing the Hindrances - BELLA

Being with

Explore

Lessen

Let go

Appreciate

Breakout Check-In's (about 15 minutes)



Check-In

Get to know one another

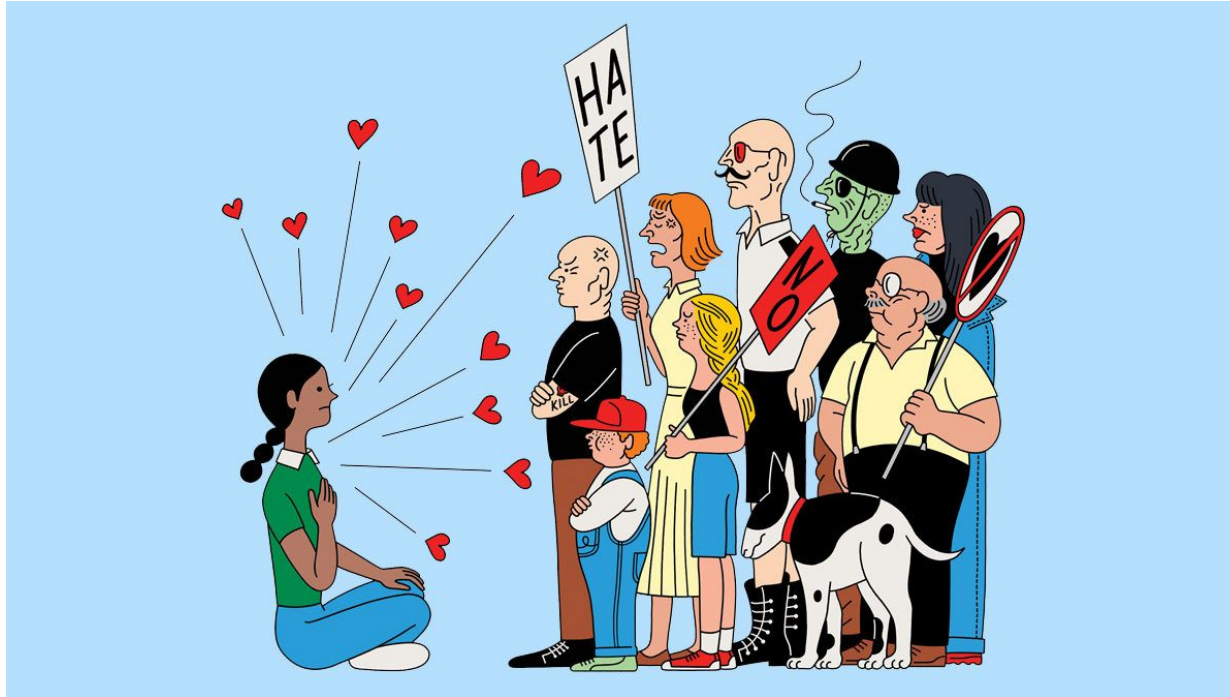
Agree

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



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) 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.

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



See you again on **11th April 2021** at 11 AM

See communities.nantien.edu.au for resources

Thank You!

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