

Communities of Practice

Sunday Check-In #31

Co-creation

**Facilitators: Venerable Dr Juewei &
Dr Priscilla Wong
16 May 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
- Discipline, bodhisattva vows, forgiveness, paths to awakening
- 5 hindrances: sensory distraction; ill will plus restlessness;
- Dharma is Everywhere - Roads, Media & Social Media

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What have you found beneficial?

- When in a long journey, we always welcome some nice, clean, refreshing rest areas where we **pause**, enjoy some **nourishment**, this is how Sunday check-in feels like...
- Meeting with others, and the **regularity** of engagement
- **Diverse wisdom** in Group Chats and informal meeting after 11:30 AM
- Getting together with **like minded** individuals on topical issues
- Good **sharing** of thoughts and **loving kindness** from the community
- Inspiring and great ideas from the sharing. Of course, **friendship**.
- The **warmth, openness and authenticity** the community members bring to me are those I found beneficial. Besides, the questions we were discussing helped me **reflect on myself**

What would you like to contribute?

- At the moment, my only contribution is to try my best to **attend**
- I can bring my **positive energy and passion** as a young adult to the community. The breakout room discussion, as well as the free talk, applied me the chance to share.
- I bring some little **stories** to feed the soul...I can **facilitate**...
- happy to continue in my role as **comment editor** for passing onto the Spread the magic poster team
- A **monastic presence** (for whatever that may be worth)
- **Anything** if needs my help and upon the ability/condition of that moment

Initiatives/Directions?

- **Time for meditation should be increased** to allow a greater joining with and acceptance of the company of others in the practice
- I go with whatever the group wants...maybe **more in-depth discussion** of a particular topic of interest that may be determined ahead of time...
- How could Humanistic Buddhism or Buddha Dharma be **perceived in our daily life**? What could this community do together to **reach out and benefit more people**?
- I think we are doing fine. But if there is a need for change, perhaps we can do sharing and reflections from the reading **resources in Foguangpedia**.
- Initiatives: Online **community activities** such as drawing just using basic paper & pen. Chinese good words writing & sharing of the words
- Formal (**F2F**) get togethers every 6 months??
- Inviting **more friends** to join

Other Comments

Zen Peacemakers International have some **guides to practice** in engaging with others to allow for intersubjectivity, or interbeing as it can also be described. I particularly like the 4th point. Spontaneous responses can often be reveal the best thoughts or words.

1. When **listening**, listen from the heart, without analyzing, agreeing or disagreeing;
2. When **speaking**, speak from the heart, naming what is alive right now; Silence is welcome;
3. Be **lean of expression**, going to the essence of what needs to be spoken;
4. Be **spontaneous**, trusting what comes, rather than what one has rehearsed or what one thinks should be said;
5. **Confidentiality**, with deep respect for people's privacy and the transiency of the moment, participants are encouraged to not engage with other participants on things that came up during council, and not to share its specific content with others.

Other Comments

It would be nice to know people's professional **background and interest** for possible collaboration on some community projects

Questions for Co-Creation

- What have you personally found beneficial from the community in the last 6 months?
- What do you feel you bring, or would like to contribute to the community? Is there enough opportunity for you to do this?
- What initiatives/directions would you like the community to take in the future?

Breakout Check-In's (about 15 minutes)



**Check-
In**

Get to know one another

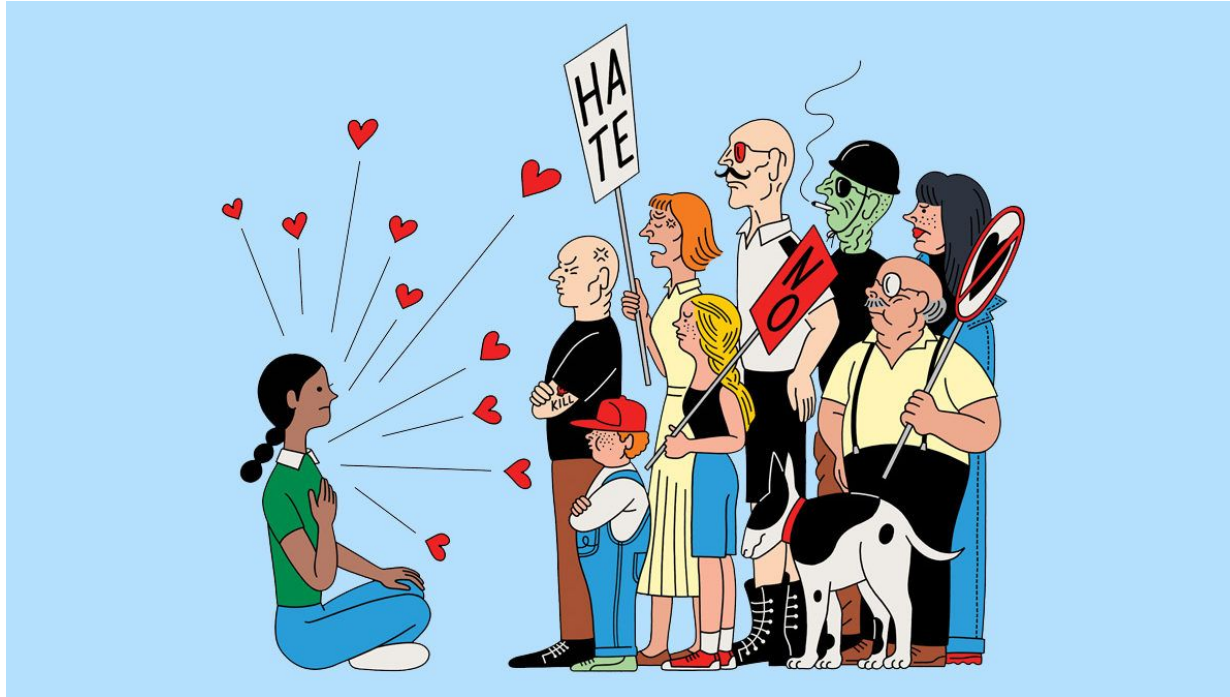
Agree

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



NTI Virtual Open Day (3 June) and Campus & Temple Tour (5 June)

eventbrite



<https://www.nantien.edu.au/events/virtual-open-day/>

Virtual Open Day

Thu, June 3, 2021

4:00 PM - 6:00 PM AEST

[Add to calendar](#)

Nan Tien Institute Campus and Temple Tour

Date and time

Sat, June 5, 2021

2:00 PM - 4:45 PM AEST

[Add to calendar](#)

Thank You

Any questions or comments: email@thebbep.org

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

- Australia - Lifeline @ 131114
- Canada - thelifelinecanada.ca
- China - 24-hr Nationwide helpline @ 400 161 9995
- Malaysia - Befrienders Malaysia @ tel:+60376272929.
- Philippines - Crisis Hotline @1553
- Singapore: Samaritans of Singapore @ 1800-2214444
- US: Lifeline @ 18002738255

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 **23rd May 2021** at 11 AM

See communities.nantien.edu.au for resources

Thank You!

Australia's first tertiary institution grounded in applied Buddhist wisdom and values.

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