

Communities of Practice

## Sunday Check-In #33

# Dharma is Everywhere - Your Turn!

**Facilitators: Dr Ekaterina (Katya) Todarello  
& Joey Yeo  
30 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

# Looking back at 'Dharma is everywhere' sessions

*Dharma is  
everywhere...  
on the roads...*



*congestions  
bumpy journeys  
high risk areas  
unknown surprises*

# Looking back at 'Dharma is everywhere' sessions

*Dharma is  
everywhere...*

*in social media,*



*Aware of what our senses are gathering  
Mindful of the interaction of the data received  
Careful in the way we respond*

# Looking back at 'Dharma is everywhere' sessions

*Dharma is  
everywhere...*

*and in space...*



*This vastness can help us to broaden our minds and hearts to have space for more people, broaden our arms to reach out to more, and broaden our definition of self from individual to community, from community to nation, from nation to the world, and from the world to all sentient beings, and from all sentient beings to all living and non-living beings.*

*While most people pursue wealth and fame, they need to know that a beautiful life with a broader vision can be attained by “enjoying” instead of “possessing.” For example, although I do not own the mountains, rivers, lands, flowers, and trees, I can still wander through them in a carefree manner. Is this not happiness? While someone else may own the entire world and I do not, I can still enjoy the cool breezes and the bright moon. I can still care for the world I live in and regard all people as my brothers and sisters. To be able to enjoy the entire universe and the vast emptiness makes my world bigger and broader than owning a town, a city, a country or immeasurable wealth. Hence, life is not about the pursuit of what we can own, because no matter how much we have, we can never satisfy our greed. Enjoy life with a detached mind and happiness and contentment will be found everywhere.*

Venerable Master Hsing Yun

**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 - Your Turn!**

# Discussion for today

*With a week of reflecting on “**Dharma is everywhere**” and with the examples provided in the past three weeks (i.e roads, social media and space), where else can we see the Buddha Dharma, and how?*

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



Check-  
In

Get to know one another

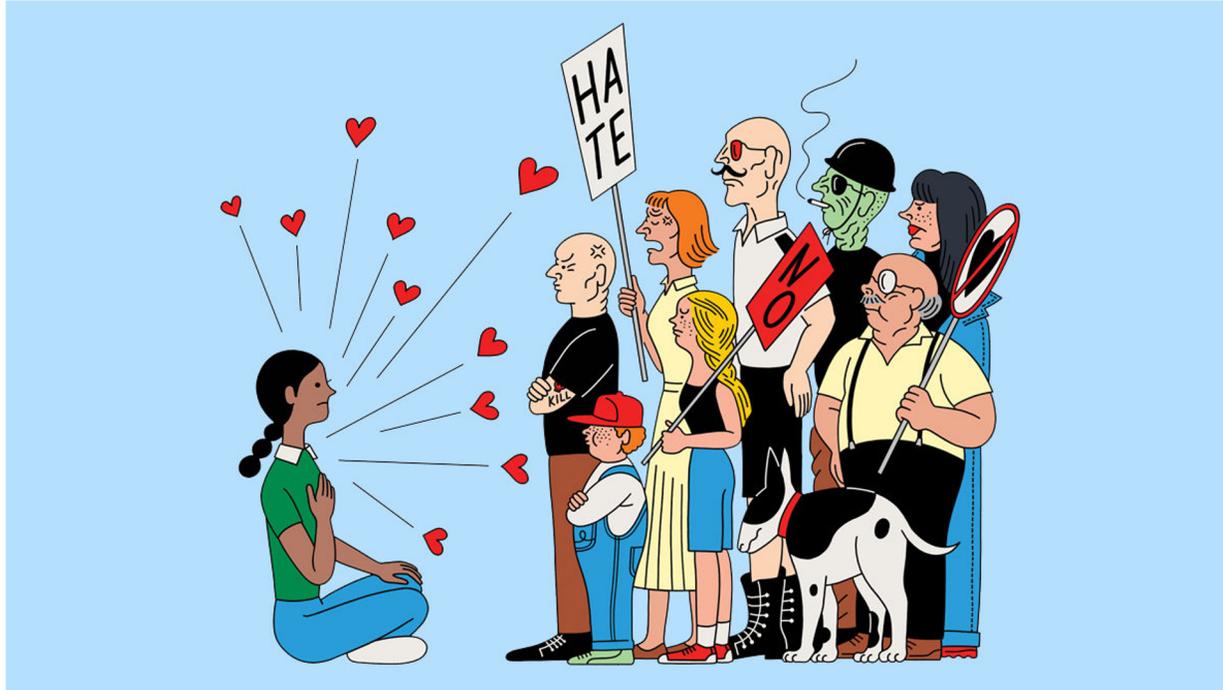
Agree

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)



*Opening to the  
teachings of the  
Buddha...  
Opening to  
emptiness... to  
signlessness, to  
wishlessness and  
keylessness...*



# Check-Out

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

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

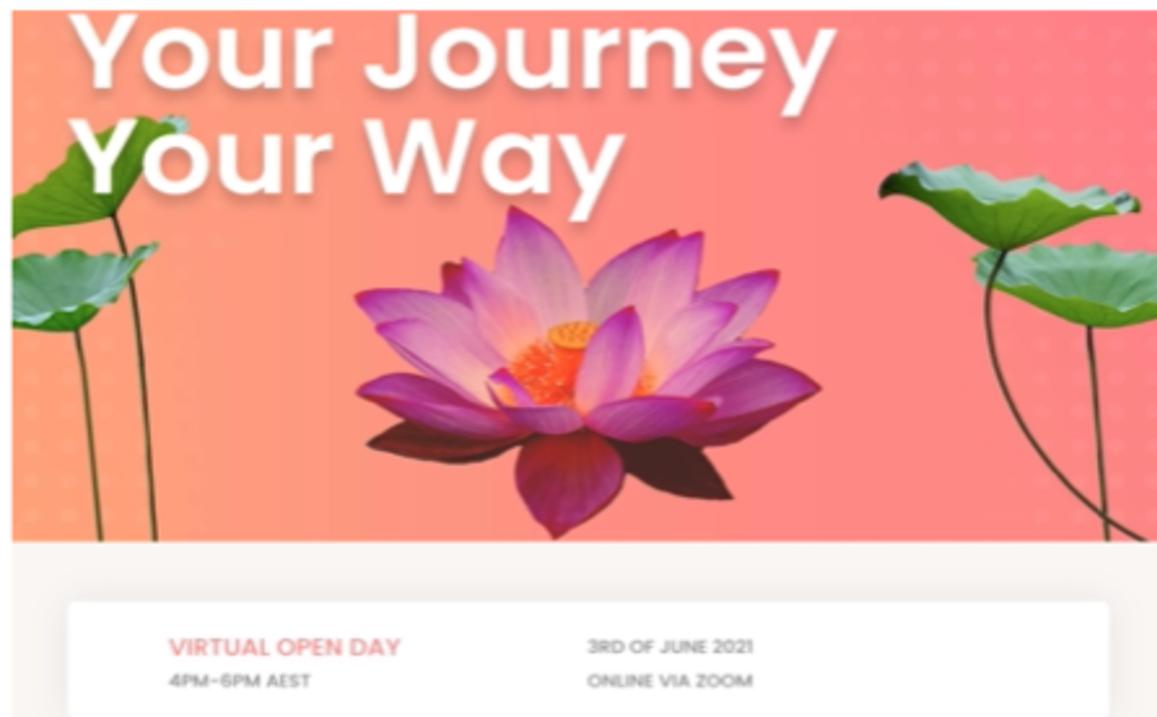
**May Chan, Pure Land and precepts inspire equality and patience**

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

Venerable Master Hsing Yun



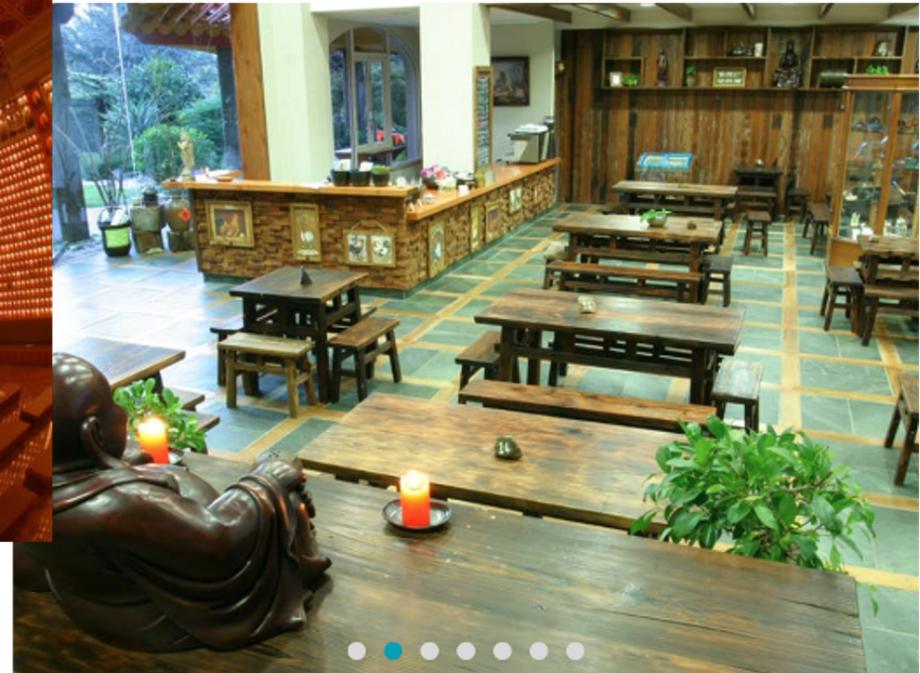
# NTI VIRTUAL OPEN DAY – 3 June 2021



<https://www.eventbrite.com.au/e/virtual-open-day-tickets-150854725545>

# NTI/Temple ON-SITE CAMPUS TOUR - 5

## June 2021



<https://www.eventbrite.com.au/e/nan-tien-institute-campus-and-temple-tour-tickets-151764705319>

**Saturday June 5. 2-4:45 pm AEST** : - Temple tour and NTI Campus Tour. If you are interested in an afternoon out with the community and to learn more about the temple and institute, please join us!

# Buddhism in the Sea of Islands Webinar

17 Jun and every next 3<sup>rd</sup> Thursday until November



**3rd Thursdays of the month (June-November) 4-5:30pm AEST ONLINE: Buddhism in the Sea of Islands Webinar** - Join scholars from NTI, Deakin University and Charles Darwin University as they explore Buddhism and its vibrant development across Far North Australia, Oceania, Hawaii and New Zealand.

<https://www.eventbrite.com.au/e/buddhism-in-the-sea-of-islands-webinar-series-registration-151432341209>

# Thank You

Any questions or comments: [email@thebbep.org](mailto: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

See you again on **6th June 2021** at 11 AM

See **communities.nantien.edu.au** for resources

**Thank You!**

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