

Communities of Practice

Sunday Check-In #37

Living Kindly

**Facilitators: Venerable Dr Juewei
& Yijun Gai**
27 June 2021

AGENDA

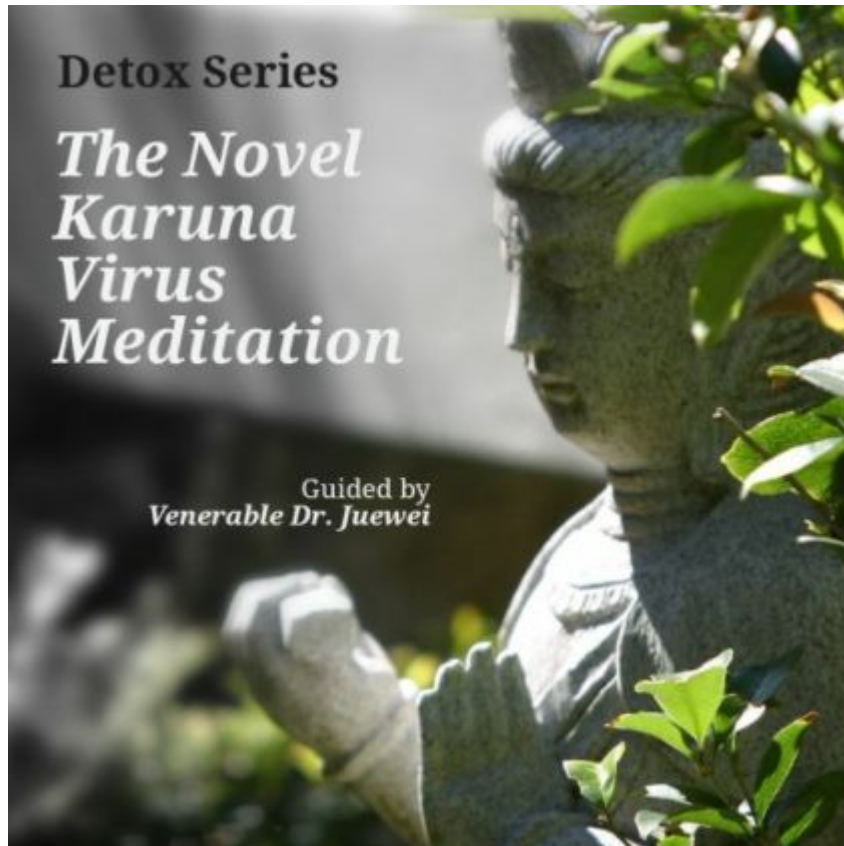
- 11am: Welcome, Check-In & Dharma Talk
- 11:10 am: Community Breakout Groups and Discussion
- 11:25am: Feedback and Dedication of Merits
- 11:30am: Informal Chat for those who have time

**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



<https://soundcloud.com/nti-hbc/the-novel-karuna-virus-meditation>

Pause & Reflection

- Short breaks for some self-care

Humanistic Values

- Kindness, compassion, joy, equanimity, affinities, equality, patience, gratitude, humility.
- Self compassion, anger, jealousy, guilt
- Connecting hearts, pure hearts, beautiful place, harmony

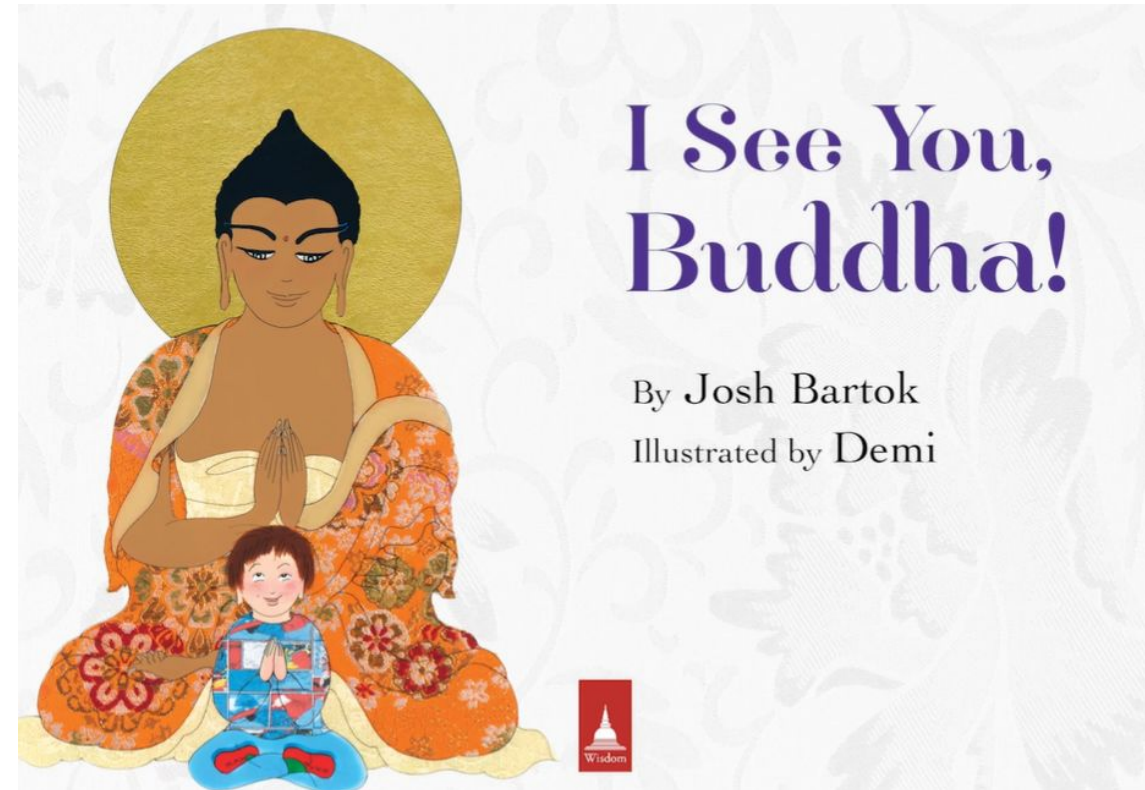
Sessions' themes

- 5 hindrances: sensory distraction; ill will plus restlessness;
- Dharma is everywhere
- Discipline, bodhisattva vows, forgiveness, paths to awakening, taking refuge, five precepts, Bodhisattva Precepts, **living kindly**

Bodhisattva Never Disparaging

Bodhisattva Sadāparibhūta or Bodhisattva Never Disparaging respects everyone even when mocked and attacked. **He has faith that all sentient beings possess the Buddha nature and will one day be enlightened.** This power to be able to see the goodness in everyone, despite troubling encounters, honours our journey on the Bodhisattva path.”

On Living Kindly by Venerable Juewei

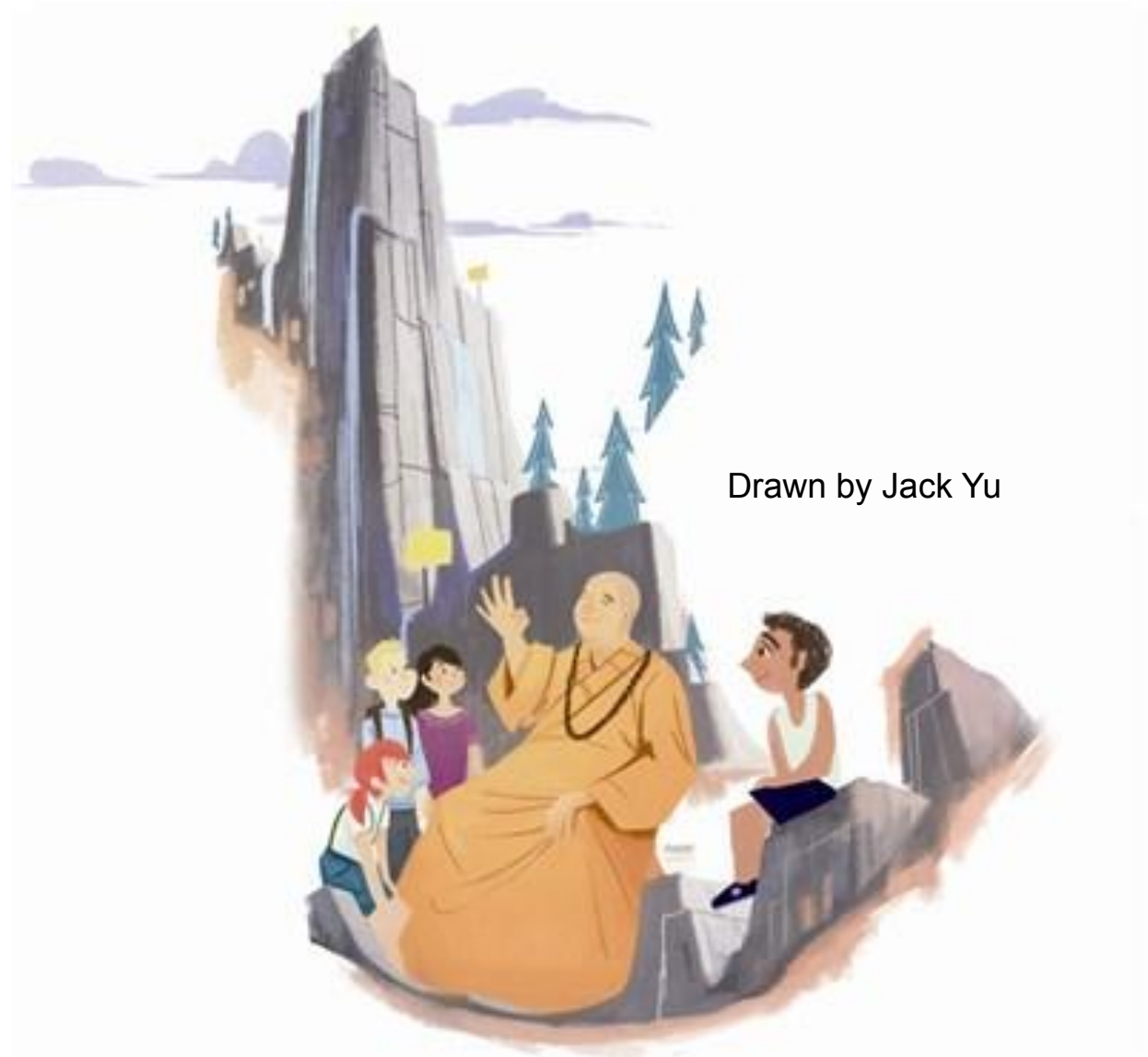


<https://wisdomexperience.org/i-see-you-buddha-reading/>

On Living Kindly

“I am learning to use kindness to guide what I eat and what I use. Even just holding space for a stranger after a friendly exchange of gazes, waving to a passing vehicle, or bowing to the animals, trees, and clouds that catch my attention are little acts of kindness to others but more importantly, to ourselves.”

On Living Kindly by Venerable Juewei

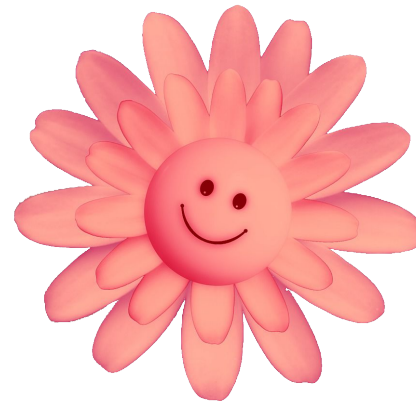


Drawn by Jack Yu

Discussion for today

*“How have you **lived kindly** this past week?”*

*How could you be even **kinder**?”*



Breakout Check-In's (about 15 minutes)



**Check-
In**

Get to know one another

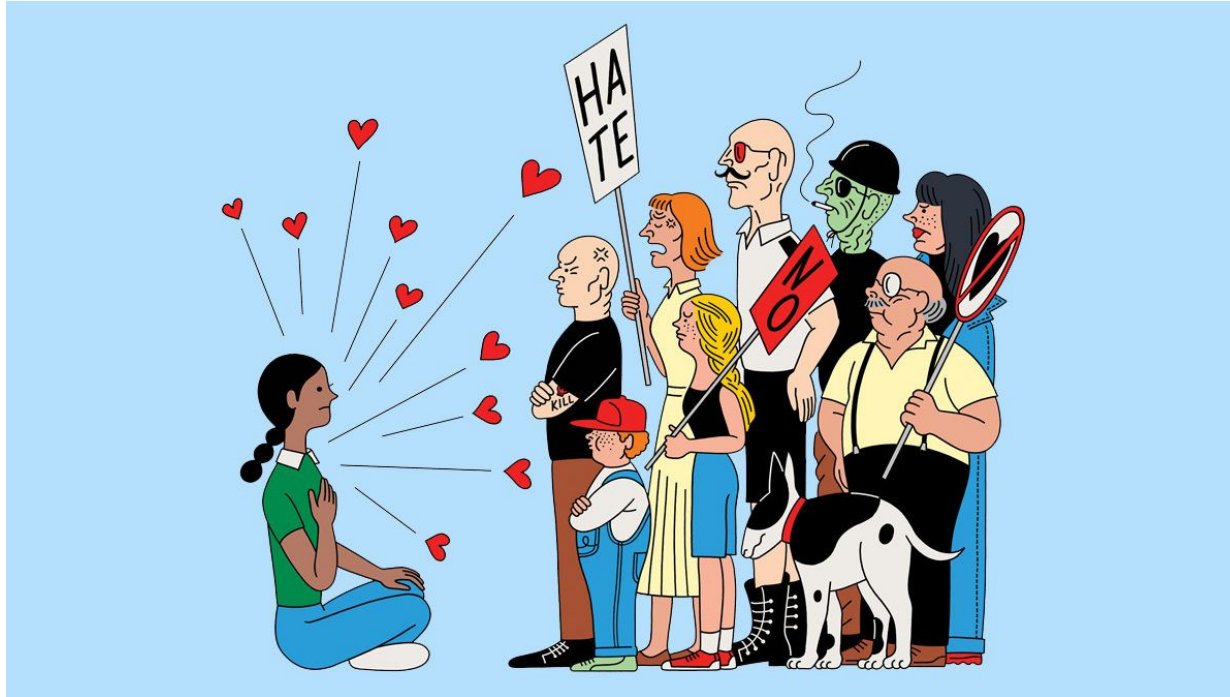
Agree

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

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 **4th July 2021** at 11 AM

For resources see
<https://community.thebbep.org/>

and

<https://www.facebook.com/turningpointstories/>

Thank You!

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