

Communities of Practice

Sunday Check-In #38

Freedom from Freedom

**Facilitators: Venerable Dr Juewei
& Yijun Gai**
4 July 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 & 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, **Freedom from Freedom'**

Freedom from Freedom

By Alex Trauth-Goik

Is life fated or is it all just random?

Is the author free to write these words, or are they predeterminedly placed in tandem?

If free will is a myth what determines the quality of choice?

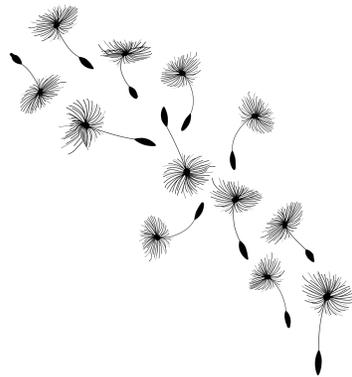
Questions that hang in the air only few are willing to voice

Sit by yourself in solitude for just a minute

Bear witness to the cacophony of voices that expose freedom's limit

Try and control the next thought that appears in your head

Try think your thoughts before thinking them until you turn red



Freedom from Freedom

By Alex Trauth-Goik

Thoughts and sensations arise, they just appear
Their coming and passing is inevitable, one need not fear

The universe is powered by cause and effect
Insist in free will then it is reality you reject

But devoid of freedom won't life lose its importance?

Stripped of autonomy you're in need of insurance

A fanciful idea and one so cherished

Proves difficult to let go, die, and let perish



Freedom from Freedom

By Alex Trauth-Goik

To pose an alternative ought we live in denial?

Content to place the book back in original rank and file

Ignore the facts and shut the blinders

To stave off death and its mounting reminders

“I am important, I am me.”

No, my friend you are no more than wind rustling a tree

Here for a moment, gone the next

Only so many words until the end of the text



Freedom from Freedom

By Alex Trauth-Goik

A changing pattern, part of life's tapestry

True nature proves freedom a travesty

Awaken to interdependence with all that is

To settle for anything less would be remiss

Metropolises built from mud and dust

A belief they'll stand forever won't prevent their rust.

Time hastens and empires fall

We're destined for oblivion and eternity's call



Freedom from Freedom

By Alex Trauth-Goik

Try find stillness amongst the chaos and sit a while
Soothe your inner critic, why put yourself on trial?

The mind wishes to wander and drag you along for the ride
But in the absence of control is where the truth resides

So, if the thoughts in your head
Are just words being said



Freedom from Freedom

By Alex Trauth-Goik

And the past is permanent

The future indeterminant

You may take what remains as life's essence

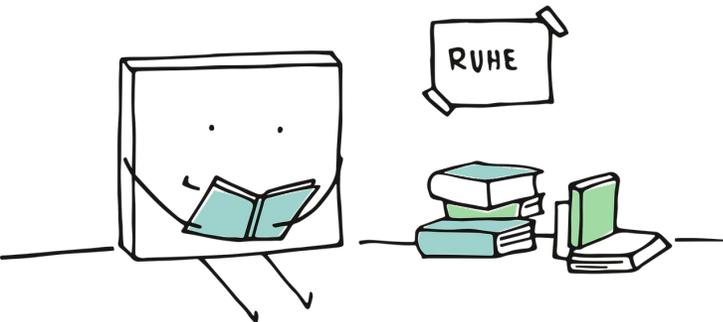
Profound awareness, paired with pure presence



Discussion for today

“Is the notion of free will incompatible with the nature of cause and effect?”

What does it mean to be a ‘free, autonomous person’ in a world in which we are increasingly shaped by the technologies that surround us and with which we engage?”



Breakout Check-In's (about 15 minutes)



Check-In

Get to know one another

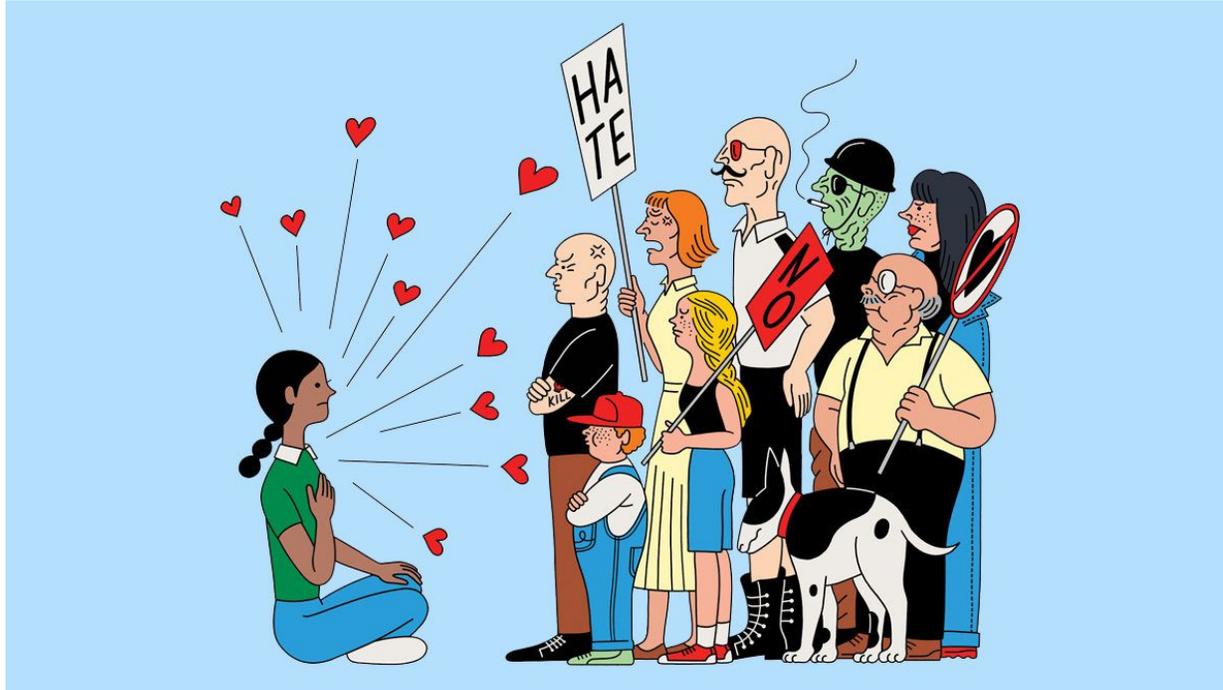
Agree

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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