

Communities of Practice

Sunday Check-In #40

Resilience

**Facilitators: Dr. Cecile Manikan
& Yijun Gai**

18 July 2021

**Sorry for interrupting
your beautiful discussions**

**The session will begin
at 11 AM sharp :)**



Communities of Practice

Sunday Check-In #40

Resilience

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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.

NAN TIEN INSTITUTE

The advertisement features a green background with a white silhouette of a person in a meditative pose. A smartphone is shown at the bottom, displaying the app's interface. A QR code is on the left, and the Nan Tien Institute logo is at the bottom right. The text is in various shades of green and white.

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, giving, **Resilience**

CHECK -IN



RESILIENCE



Community of Practice, July 18, 2021
Cecile B Manikan

Adversity
Quotient (AQ)
Ability to manage
challenges & adversities

re·sil·ience

- the capacity to recover
from life's difficulties
events

Discussion for today

Both Master Hsing Yun and Nelson Mandela are great leaders of our time:

What did they share in common?

Is resilience an inborn trait? Or can it be developed?



Breakout Check-In's (about 15 minutes)



Check-In

Get to know one another

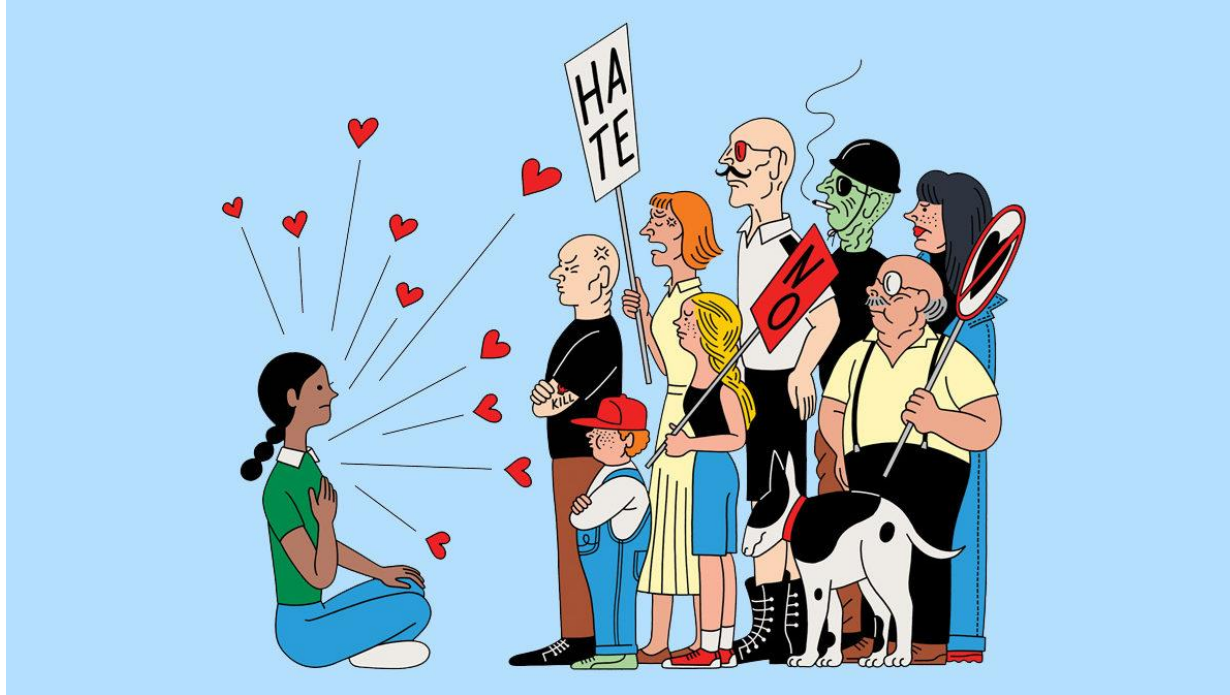
Agree

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



The Perfection of Wisdom (online)

20th July (Tuesday) 7:00PM - 8:30PM AEST



Based on *Astasahasrika Prajñāparamita Sutra (The Sutra of the Perfection of Wisdom in 8000 Lines)*. This workshop will explore these questions: What is the nature of our experience? How will understanding the true nature of what we experience help us to better function in today's world?

Register at: <https://buddhistlibrary.org.au/events/the-perfection-of-wisdom/>

See you again on **25th July 2021** at 11 AM

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

and

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

Thank You!

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