

Communities of Practice

# Sunday Check-In #41

## Trust in Shared Humanity

Facilitators: Dr. Cecile Manikan  
& Xiaomeng Tian

25 July 2021

**Sorry for interrupting  
your beautiful discussions**

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



Communities of Practice

# Sunday Check-In #41

## Trust in Shared Humanity

**Facilitators: Dr. Cecile Manikan  
& Xiaomeng Tian**  
25 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, giving, Resilience, **Trust in Shared Humanity**

*Check-in*



# *Trust in Shared Humanity*



# Discussion for today

Mutual trust is the foundation that glues various elements together in building strong communities.

- 1) What do you wish to entrust to this community?***
- 2) How do we strengthen the community?***



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



**Check-  
In**

Get to know one another

**Agree**

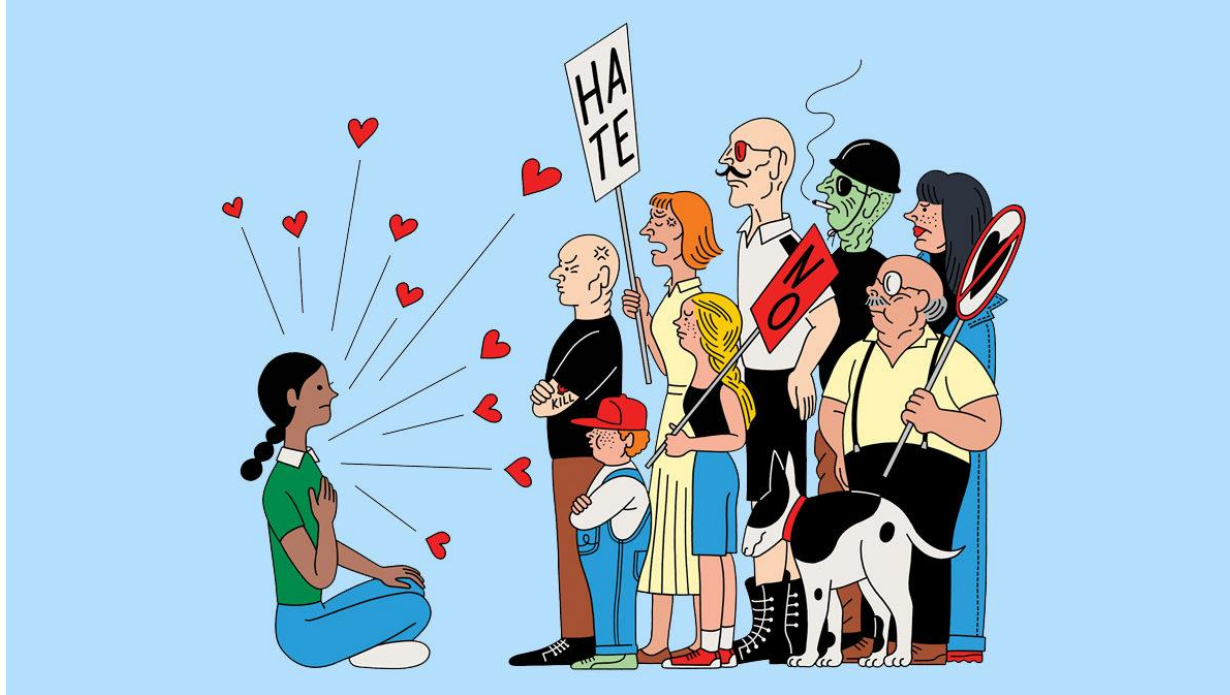
Agree on a topic to discuss

**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](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

# 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 **1<sup>st</sup> August 2021** at 11 AM

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

and

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

**Thank You!**

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

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