

Communities of Practice

Sunday Check-In #42

Self-awareness

**Facilitators: Dr. Cecile Manikan
& Xiaomeng Tian**

1 August 2021

**Sorry for interrupting
your beautiful discussions**

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



Communities of Practice

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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 line drawing 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 black.

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, **self-awareness**

CHECK-IN

CHECK-IN



SELF-AWARENESS



Discussion for today

Let us look into our relationships and examine:

How, with greater self-awareness, empathy and self-regulation, can we become a healing gift to others?

Breakout Check-In's (about 15 minutes)



**Check-
In**

Get to know one another

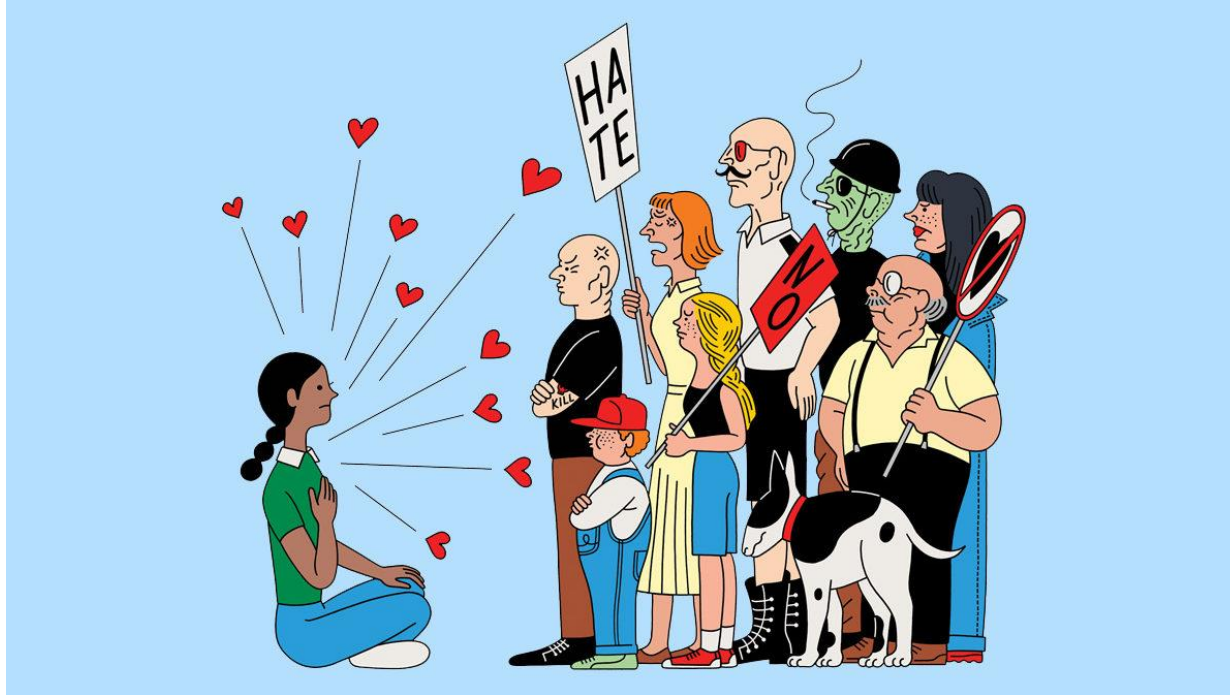
Agree

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



Connecting to the Circular Economy(online)

Saturday 7th Aug 2021, 2:00 pm - 3:00 pm AEST



Prof Stephen Hill

This workshop will show us how we are connected and can be connected to the circular economy.

- To make clear that we can leave behind the concept of waste
- To make clear that mutual benefit and co-existence is a foundation of economics
- To make clear that the spiritual is a basis for an economy of equality

Register at: https://events.humanitix.com/circular-economy-stephen-hill?c=mc-2030c&mc_cid=906ae5f1e5&mc_eid=5a2188952e

See you again on **8th 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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