

## An Opportunity to Receive the Five Mindfulness Trainings

Mindfulness is the heart of the Buddha's teachings. Practicing the Five Mindfulness Trainings is practicing mindfulness in each moment of our daily life, not just during sitting meditation hours. The practice helps us protect our family, our society, and ourselves. The practice of the Trainings ensures a safe and happy present and a safe and happy future.

According to Thich Nhat Hanh, the practice of Buddhist meditation is impossible without the practice of the Five Mindfulness Trainings. He urges everyone who has confidence in the practice of mindfulness meditation to receive study and practice the Trainings, with the support of a local Sangha.

The equivalent of the Five Mindfulness Trainings and the Three Refuges can also be found in great spiritual traditions of the world. No matter what one's spiritual tradition, the practice of the Trainings and of the Three Refuges helps one to be rooted more deeply in one's own tradition.

At the end of the retreat, we will have a ceremony to recite the Five Mindfulness Trainings. Our Dharma Teacher will offer the Five Mindfulness Trainings to anyone who wishes to receive them at that time.

If you are interested in receiving the Five Mindfulness Trainings, please answer the following questions and place them inside the bell in the meditation hall.

Name:

Address:

Phone number:

Email address:

Which of the Trainings would you like to receive (circle)? 1 2 3 4 5 ALL

A Dharma name can encourage you in the practice. If you would like a Dharma name, please write a short statement describing your aspirations for practice.