



護戒牒

Five  
Mindfulness  
Trainings  
Certificate



This is to certify that

Don Drake

has received *all* of the Five Mindfulness Trainings

on the *19* day of *April* in the Year *2015*

in/at *Dallas Meditation Center*

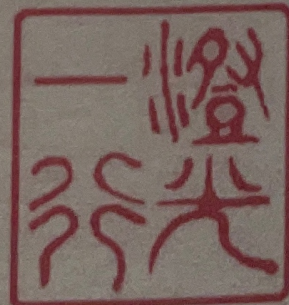
with the Dharma name *Deepening*

*Tranquility of the Source*

After receiving the Five Mindfulness Trainings, the practitioner understands that he or she should study and recite them regularly (if possible, with a Sangha), so that the practice of the Mindfulness Trainings will deepen day by day. If in three months the Practitioner has not recited the Mindfulness Trainings at least once, the transmission will no longer be effective.

*nhathanh*

Ordination Teacher:  
Master Trùng Quang Nhất Hạnh  
of the 42<sup>nd</sup> generation of the  
Lâm Tế (Linji) Dhyana School



*Terry Cortés*  
*Dharma Teacher*