

JULY 2011 - revised

Awakening Heart & DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: Brother ChiSing</p> <p>Office Assistant: Bobbie Perkins</p> <p>Webmaster, etc.: Cornell Kinderknecht</p>	<p>AH & DMC aspire to be:</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>(Brother ChiSing will be away in California on a monastic retreat on July 17 - August 12)</p>	<p>* Register NOW for the Mississippi Retreat with THICH NHAT HANH on Sept. 28 - Oct. 2. We will be renting a charter bus to go. *</p>	<p>1</p> <p>7:00p First Fridays: DRUM CIRCLE - Dorayne</p>	<p>2</p> <p>* 9:00a-12:30p Monthly Members MEDITATION Retreat - ChiSing</p> <p>* 2:00-6:00p Monthly BEGINNERS Meditation Workshop - ChiSing</p>
<p>3</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Christine Clemmer</p>	<p>(Independence Day) 4</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - Christine</p>	<p>5</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>6</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>2:00-3:15p YOGA - Andy*</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>7</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>8</p> <p>[event space available]</p>	<p>9</p> <p>2:00-5:00p Restorative Yoga - Sue Chadwick</p>
<p>10</p> <p>10:30a Prayer / Eucharist</p> <p>4:00p Refuge & Precepts</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Brother ChiSing</p> <p><i>*(7p Planning Meeting)</i></p>	<p>11</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - ChiSing</p>	<p>12</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>13</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>2:00-3:15p YOGA - Andy*</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>* 7p "Interfaith HEALING Service" - Br. Lawrence</p>	<p>14</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>15</p> <p>7:00p Dreams Class - Andy McDonald</p>	<p>16</p> <p>10:00a-3:00p Beauty Day - Adayara Rivera</p> <p>2-4p Intro Meditation Class - Caswells</p> <p>7:00p Kirtan CHANTING Music - Rudra Das</p>
<p>17</p> <p>1:30-2:45p Yoga & Live Music - Lynn & Cornell</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Andy McDonald</p>	<p>18</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - Christine</p>	<p>19</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>20</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>2:00-3:15p YOGA - Andy*</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7p "Living Namaste" for women starts today -Chris</p>	<p>21</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>22</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>23</p> <p>10a-1p Chakra Workshop - Sue Chadwick</p> <p>2:00-4:00p Monthly Intro YOGA Workshop - Andy McDonald *</p> <p>7:30p "Impending Bloom" WORLD MUSIC Concert</p>
<p>24/31</p> <p>* 5-7p AWAKENING HEART (this is our main meditation service) - Andy McDonald</p> <p><i>*(7p Vegetarian Potluck)</i></p>	<p>25</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00p BODHISATTVA Sangha - Christine</p>	<p>26</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p>	<p>27</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>2:00-3:15p YOGA - Andy*</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7p "Living Namaste" (12- wk series) - Christine C.</p>	<p>28</p> <p>12:00-12:45p NOON Silent Meditation</p> <p>6:00-6:45p EVENING Silent Meditation</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>29</p> <p>6-9p "Evolutionary Partnership" for Men and Women (free intro)</p>	<p>30</p> <p>9a-6p "Evolutionary Partnership" Workshop for Women and Men - Jane & Dirk Velton</p> <p>7:45p (Sufi) Dances of Universal Peace - Nirtana</p>

AWAKENING HEART

July 2011



SUNDAYS (5:00-7:00 pm)

☺ **AWAKENING HEART (Community of Mindful Living)** – Facilitated by Brother ChiSing, Christine Clemmer and Andy McDonald, this Sangha is our largest main meditation gathering of the week (30-60 persons) with music, walking and sitting meditation, Dharma teachings, and community sharing (open to all levels of meditation experience, both beginners and advanced). Childcare is provided every Sunday (so parents, you have no excuse not to participate!) ☺

July 3 – Christine Clemmer facilitating: “THE SECRET OF HOLISTIC INTEGRATION”

July 10 – * Brother ChiSing speaking: “THE SECRET OF MEDITATION” *

July 17 – Andy McDonald facilitating: “THE SECRET OF YOGA”

July 24 – Andy McDonald facilitating: “THE SECRET OF DREAMS”

July 31 – Andy McDonald facilitating: “THE SECRET OF CONSCIOUSNESS”

August 7 – Andy McDonald facilitating: “THE SECRET OF METAPHYSICAL MASTERY”

August 14 – * Brother ChiSing speaking: “THE SECRET OF ENLIGHTENMENT” *

* (Brother ChiSing will be away on a monastic retreat on July 17 - August 12) *

MONDAYS (7:00-9:00 pm)

BODHISATTVA Sangha (Zen & Vipassana Meditation) – Facilitated by Brother ChiSing & Christine Clemmer, this new Monday night meditation group is open to those who have at least some meditation experience. On 1st & 3rd Mondays, we will practice with a Zen silent meditation format (25 min. Sitting, 10 min. Walking, 25 min. Sitting). And on 2nd & 4th Mondays, we will practice with a Vipassana silent meditation format (20 min. Walking, 40 min. Sitting). If there is a 5th Monday, we may choose a Tibetan Buddhist or Pure Land (*Amitabha*) meditation format. After meditation, Brother ChiSing will share Dharma Teachings, followed by community discussion and heart-sharing. Come and receive more personalized support from Brother ChiSing and your fellow Bodhisattvas-in-training!

WEEKDAY SILENT MEDITATIONS – Noon & Evening (Mondays, Tuesdays, Wednesdays, Thursdays)

Facilitated by Brother ChiSing & members

(10 minutes of Silent Walking Meditation + 25 minutes of Silent Sitting Meditation + 5 minutes of Reflections)

12:00 - 12:45 pm

NOON Silent Meditation – note: new time change

6:00 - 6:45 pm

EVENING Silent Meditation

SPECIAL EVENTS

- * **Monthly Members MEDITATION Retreat (Brother ChiSing):** Saturday, July 2, 9:00 am - 12:30 pm
- * **Monthly BEGINNERS Meditation Workshop (Brother ChiSing):** Saturday, July 2, 2:00 - 6:00 pm
- * **Monthly 3 REFUGES & 5 PRECEPTS Ceremony (Brother ChiSing):** Sunday, July 10, 4:00-4:30 pm
- * **New “Interfaith HEALING Service” (Brother Lawrence & Brother ChiSing):** Wednesday, July 13, 7:00-7:30 pm
- * **Monthly Intro YOGA Workshop (Andy McDonald):** Saturday, July 23, 2:00 - 4:00 pm

*** Please register NOW for the Mississippi Retreat with THICH NHAT HANH on Sept. 28 - Oct. 2.
We need at least 20 persons from Texas to travel with us in order to get a charter bus together. ***

www.DALLASMEDITATIONCENTER.com