



*** OCTOBER 2011 – revised ***

Awakening Heart

DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 * 5-7p AWAKENING HEART (this is our large main Meditation service) - Andy McDonald	3 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - ChiSing	4 6:30-7:15a Meditation * 12:00-12:45p Meditation 2-3:15p VAJRA Yoga 7p GUIDED Meditations Class - Brother ChiSing	5 11:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC - new	6 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy* 7-9p Meditation Class 1 - Jon & Linda Caswell	7 12:00-12:45p Meditation 7:00p First Fridays: DRUM CIRCLE - Dorayne	8 (Yom Kippur) 9a-3p "Zazenkai" Silent ZEN Meditation Retreat - MKZC (Dr. Ruben Habito)
9 10:30a Christ. Meditation 11a Universal Church * 5-7p AWAKENING HEART (this is our large main Meditation service) - Andrew Harvey & Brother ChiSing	10 (Columbus Day) 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - ChiSing	11 6:30-7:15a Meditation * 10:30-11:45a QIGONG 12:00-12:45p Meditation 2-3:15p VAJRA Yoga 7p GUIDED Meditations Class - Brother ChiSing	12 11:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC - new	13 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy* 7-9p Meditation Class 2 - Jon & Linda Caswell	14 12:00-12:45p Meditation	15 1-5p QIGONG workshop - Michael Upchurch 4:00-6:00p Monthly Beginners YOGA Workshop - Andy McD.*
16 * 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing, etc. (plus wedding blessing) <i>* (7p Planning Meeting)</i>	17 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - ChiSing	18 6:30-7:15a Meditation * 10:30-11:45a QIGONG 12:00-12:45p Meditation 2-3:15p VAJRA Yoga 7p GUIDED Meditations Class - Brother ChiSing	19 11:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC - new	20 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy* 7-9p Meditation Class 3 - Jon & Linda Caswell	21 12:00-12:45p Meditation 7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)	22 3-6p Cleaning Day @ DMC
23 * 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing & Buddhist monk Sunim <i>* (7p Vegetarian Potluck)</i>	24 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - ChiSing	25 6:30-7:15a Meditation * 10:30-11:45a QIGONG 12:00-12:45p Meditation 2-3:15p VAJRA Yoga 7p GUIDED Meditations Class - Brother ChiSing	26 11:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC - new	27 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy* 7-9p Meditation Class 4 - Jon & Linda Caswell	28 (Global Awakening?) 12:00-12:45p Meditation 8:00-9:30p Spiritual MUSIC Concert - Cornell Kinderknecht & David Rosenblad	29 * 9:00a-12:30p Monthly MINDFULNESS Retreat - Brother ChiSing * 2:00-6:00p Monthly BEGINNERS Meditation Workshop - ChiSing 7:00p "TaKeTiNa" - Michael Kenny
30 * 5-7p AWAKENING HEART (this is our large main Meditation service) - Rev. Robert Taylor & Brother ChiSing	31 (Halloween) 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - ChiSing			Director: Brother ChiSing Assistant: Bobbie Perkins Communications: Cornell Kinderknecht	AH & DMC aspire to be: INTERFAITH INCLUSIVE INTEGRAL INSPIRED	DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm 

AWAKENING HEART

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Every SUNDAY (5:00-7:00 pm) - inspired by THICH NHAT HANH

☺ **“AWAKENING HEART” (Community of Mindful Living)** – Facilitated by Brother ChiSing and members, this Interfaith Mindfulness Community is our largest main meditation gathering of the week (50-70 persons) with music, kirtan chanting, walking and sitting meditation, inspiring messages, and community sharing (open to all levels of meditation experience, both beginners and advanced). Monthly Potluck Dinner. Childcare every Sunday. ☺

- October 9 –** Andrew Harvey speaking: **“INTERFAITH MYSTICISM & SACRED ACTIVISM”**
(Brother ChiSing facilitating)
- October 16 –** Brother ChiSing & retreatants: **“BUILDING COMMUNITIES OF MINDFUL LIVING”**
- October 23 –** Brother ChiSing speaking: **“SEVEN CHAKRAS OF SPIRITUAL TRANSFORMATION”**
- October 30 –** Rev. Robert Taylor speaking: **“PATHWAYS TO BEING HUMAN, FULLY ALIVE”**
(Brother ChiSing facilitating)
- November 6 –** Brother ChiSing speaking: **“GLOBAL AWAKENING, HERE AND NOW”**
- November 13 –** Gaelyn Godwin (Zen Master): **“THE ZEN OF ENLIGHTENMENT”**

Every MONDAY (7:00-9:00 pm) - \$10 suggested donation

Advanced BUDDHIST Meditations – Facilitated by Brother ChiSing, this advanced Buddhist meditation circle (8+ persons) is open to those who have been meditating regularly at AH / DMC for at least 3 months. We practice an Integral “One Dharma” approach to spirituality. Deepen your life through mindful silence & sharing. AMITABHA!

- 7:00 **Introductions & Opening Ritual**
- 7:15 **Silent Sitting Meditation (25 min.)** * must be able to sit in complete stillness, breathing silently
- 7:40 **Silent Walking Meditation (10 min.)**
- 7:50 **Silent Sitting Meditation (25 min.)**
- 8:15 **Spiritual Teachings** (recommended book: **“Old Path, White Clouds”** - Thich Nhat Hanh)
- 8:45 **Q & A, Discussion, Sharing**

Every TUESDAY (7:00-9:00 pm) - \$20 suggested donation

GUIDED MEDITATIONS Class – Facilitated by Brother ChiSing, this Guided Meditations class (12+ persons) is the perfect class for beginners (and also for more advanced practitioners who want to supplement their silent practice with guided meditations). Each month we will have a new theme. October’s theme is: **“SEVEN CHAKRAS”**

- 7:00 **Introductions**
- 7:15 **Guided Resting Meditation (25 min.)**
- 7:40 **Guided Walking Meditation (10 min.)**
- 7:50 **Guided Sitting Meditation (25 min.)**
- 8:15 **Spiritual Teachings** (recommended book: **“Happiness”** - Thich Nhat Hanh)
- 8:45 **Q & A, Discussion, Sharing**



WEEKDAY MEDITATIONS (Mondays - Fridays) - \$5 suggested donation

Facilitated by Brother ChiSing, staff teachers and trained members
(10 minutes of Silent Walking Meditation + 25 minutes of Silent Sitting Meditation + 5 minutes of Reflections)

- 1 MORNING Meditation: **6:30-7:15 am** TUESDAYS
- 5 NOON Meditations: **12:00-12:45 pm** MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY
- 1 EVENING Meditation: **6:00-6:45 pm** THURSDAYS

SATURDAY RETREATS & WORKSHOPS - please register online or get more info at our website

- * **Monthly Beginners YOGA Workshop (Andy McDonald):** Saturday, **October 15**, 4:00 - 6:00 pm
- * **Monthly “MINDFULNESS” Morning Retreat (Brother ChiSing):** Saturday, **October 29**, 9:00 am - 12:30 pm
- * **Monthly BEGINNERS Meditation Workshop (Brother ChiSing):** Saturday, **October 29**, 2:00 - 6:00 pm
- * **Quarterly “SEVEN CHAKRAS” Day Retreat (Brother ChiSing & Andy McDonald):** Saturday, **November 5**, 9a - 5p

*** Mark your calendars now for the **11-11-11 CELEBRATION** on Fri., Nov. 11, 7:11 pm @ DMC ***

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