


JANUARY 2012 - revised

Awakening Heart

DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>(New Year)¹</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi (Tibet monk)</p>	<p>2</p> <p>10-11:15a YOGA - Andy*</p> <p>10:30a-12p ZEN - MKZC</p> <p>12:00-12:45p Meditation</p> <p>1p Community LUNCH *</p> <p>7:00p BODHISATTVA Meditations - ChiSing</p>	<p>3</p> <p>12:00-12:45p Meditation</p> <p>2-3:15p VAJRA Yoga</p> <p>5:30-6:45p QIGONG</p> <p>7p GUIDED Meditations Class -Brother ChiSing</p>	<p>4</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy*</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>5</p> <p>10:30-11:45a QIGONG</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>6</p> <p>7:00p First Fridays: DRUM CIRCLE - Dorayne Breedlove</p>	<p>7</p> <p>9:00a-12:30p Meditation REJUVENATION Retreat - Brother ChiSing</p> <p>(next retreat - Feb. 4)</p> <p>2:00-6:00p BEGINNERS MEDITATION Workshop - Brother ChiSing</p>
<p>8</p> <p>10:30a Christ. Meditation 11:00a Universal Church</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing</p>	<p>9</p> <p>10-11:15a YOGA - Andy*</p> <p>10:30a-12p ZEN - MKZC</p> <p>12:00-12:45p Meditation</p> <p>1p Community LUNCH *</p> <p>7:00p BODHISATTVA Meditations - ChiSing</p>	<p>10</p> <p>12:00-12:45p Meditation</p> <p>2-3:15p VAJRA Yoga</p> <p>5:30-6:45p QIGONG</p> <p>7p GUIDED Meditations Class -Brother ChiSing</p>	<p>11</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy*</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>12</p> <p>10:30-11:45a QIGONG</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>13</p> <p>8:00p SACRED SOUNDS Music Concert (Tibetan Bowls & Flutes) - Jodi Roberts & Cornell Kinderknecht</p>	<p>14</p> <p>[Brother ChiSing @ Houston Zen Center]</p> <p>7:00p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>
<p>15</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Andy McDonald (yogi) & Brother ChiSing</p> <p>* (7p Community Meeting)</p>	<p>16</p> <p>10-11:15a YOGA - Andy*</p> <p>10:30a-12p ZEN - MKZC</p> <p>12:00-12:45p Meditation</p> <p>1p Community LUNCH *</p> <p>7:00p BODHISATTVA Meditations - ChiSing</p>	<p>17</p> <p>12:00-12:45p Meditation</p> <p>2-3:15p VAJRA Yoga</p> <p>5:30-6:45p QIGONG</p> <p>7p GUIDED Meditations Class - Brother ChiSing</p> <p>7:30p FLUTE Class starts - Cornell Kinderknecht</p>	<p>18</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy*</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>19</p> <p>10:30-11:45a QIGONG</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>20</p> <p>7:30p CHANTING & Ananda Meditation - Panduranga Heater</p>	<p>21</p> <p>[Adyashanti @ Austin]</p> <p>9:00a-12:00p "YOGA & MEDITATION" Retreat - Andy McDonald</p> <p>(next retreat - Feb. 18)</p> <p>7:00p GONG Meditation - Kenny Kolter</p>
<p>22</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi (Tibet monk) & Brother ChiSing</p>	<p>23</p> <p>10-11:15a YOGA - Andy*</p> <p>10:30a-12p ZEN - MKZC</p> <p>12:00-12:45p Meditation</p> <p>1p Community LUNCH *</p> <p>7:00p BODHISATTVA Meditations -ChiSing</p>	<p>24</p> <p>12:00-12:45p Meditation</p> <p>2-3:15p VAJRA Yoga</p> <p>5:30-6:45p QIGONG</p> <p>7p GUIDED Meditations Class - Brother ChiSing</p>	<p>25</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy*</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>26</p> <p>10:30-11:45a QIGONG</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation *</p> <p>7:00-8:15p YOGA - Andy*</p>	<p>27</p> <p>9:00 am - 9:00 pm DMC Garden MINDFULNESS Retreat (w/ Working Meditation) ** Volunteers Needed ** (lunch & dinner provided)</p> <p>7:30p (Sufi) DANCES of Universal Peace - Nirtana</p>	<p>28</p> <p>9:00a-12:00p QIGONG Workshop - Sifu Chris Bouguyon</p> <p>2:00-4:00p YOGA Playshop - Andy McDonald</p>
<p>29</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - LUNAR NEW YEAR Celebration !!! (ChiSing)</p> <p>* (7p Dinner for up to 108)</p>	<p>30</p> <p>10-11:15a YOGA - Andy*</p> <p>10:30a-12p ZEN - MKZC</p> <p>12:00-12:45p Meditation</p> <p>1p Community LUNCH *</p> <p>7:00p BODHISATTVA Meditations - ChiSing</p>	<p>31</p> <p>12:00-12:45p Meditation</p> <p>2-3:15p VAJRA Yoga</p> <p>5:30-6:45p QIGONG</p> <p>7p GUIDED Meditations Class - Brother ChiSing</p>	<p>2012</p>  <p>Year of the Dragon</p>	<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: 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>

AWAKENING HEART

January 2012 - revised

Monthly SATURDAY Retreats & Workshops - please register online or get more info at our website

- * **Third Saturdays:** Monthly “**YOGA & MEDITATION**” Retreat (Andy McDonald): **January 21**, 9:00 am - 12:00 pm
- * **QIGONG Workshop** (Master Teacher “Sifu” Chris Bouguyon): **January 28**, 9:00 am - 12:00 pm
- * **YOGA Playshop** (Andy McDonald): **January 28**, 2:00 - 4:00 pm
- * **First Saturdays:** Monthly “**Meditation REJUVENATION Retreat**” (Brother ChiSing): **February 4**, 9 am - 12:30 pm
- * **First Saturdays:** Monthly “**BEGINNERS Meditation Workshop**” (Brother ChiSing): **February 4**, 2:00 - 6:00 pm

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

☸ “**AWAKENING HEART**” (**Community of Mindful Living**) – Facilitated by Brother ChiSing, this Interfaith Mindfulness Community is our largest main meditation gathering of the week (40-60 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. ☸

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| January 15 – | Andy McDonald speaking:
[Brother ChiSing facilitating] | “ The Secret of MIND Transformation ”
(Community Planning Meeting afterwards) |
| January 22 – | Ven. Tashi Nyima (Monk):
[Brother ChiSing facilitating] | “ TIBETAN Buddhist Practices for EMPOWERMENT ” |
| * January 29 – | Brother ChiSing speaking: | * LUNAR NEW YEAR Celebration (Year of the Dragon)!!! *
(plus Dinner refreshments for up to 108 persons) |
| February 5 – | Brother ChiSing speaking: | “ SUPER Buddha / Sangha BOWL ” |

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

BODHISATTVA Meditations & Buddhist Ritual – Facilitated by Brother ChiSing, this deeper experienced Buddhist meditation circle (12+ persons) is open to those who have been meditating regularly at AH / DMC for at least 3 months, able to sit in stillness, breathing silently. **We practice an Integral “One Dharma” approach to spirituality.**

- 7:00 **Introductions & Opening Ritual**
- 7:15 **Silent Sitting Meditation (25 min.)**
- 7:40 **Silent Walking Meditation (10 min.)** – occasionally with “Amitabha” chanting
- 7:50 **Silent Sitting Meditation (25 min.)**
- 8:15 **Spiritual Teachings**
- 8:45 **Sharing Circle**

* (recommended book: **Old Path, White Clouds** - Thich Nhat Hanh)



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. **January’s theme is: “BEGINNING ANEW”**

- 7:00 **Introductions**
- 7:15 **Guided Resting Meditation (25 min.)** – deep relaxation while lying down
- 7:40 **Guided Walking Meditation (10 min.)**
- 7:50 **Guided Sitting Meditation (25 min.)**
- 8:15 **Spiritual Teachings**
- 8:45 **Sharing Circle**

* (recommended book: **Happiness** - Thich Nhat Hanh)

SIMPLE SILENT MEDITATIONS (Mondays - Thursdays) - \$5 suggested donation

(10 min. of Silent Walking Meditation + 25 min. of Silent Sitting Meditation + 5 min. of Spiritual Reflections)

NOON Silent Meditations: **12:00-12:45 pm** MONDAYS • TUESDAYS • WEDNESDAYS • THURSDAYS
EVENING Silent Meditation: **6:00-6:45 pm** THURSDAYS

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