MAY 2012 – *revised*

Awakening Heart

DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
Director: Brother ChiSing		10-11:15a Gentle YOGA	12:00-12:45p Meditation	10-11:15a Gentle YOGA		9a-12:30p MEDITATION REJUVENATION Retreat
Assistant:	DMC Office Hours: Mondays - Thursdays	12:00-12:45p Meditation		12:00-12:45p Meditation		- Brother ChiSing
Bobbie Perkins	11:00 am - 4:00 pm	*2-3:15p YOGA - Tashi	3:15-4:30p YOGA - Andy*	6:00-6:45p Meditation *	7.000 First Friday	
Communications: Cornell Kinderknecht		5:30-6:45p QIGONG	7:00-8:30p Silent ZEN Meditations - MKZC	7:00-8:15p YOGA - Andy	7:00p First Fridays: DRUM CIRCLE	2:00-6:00p BEGINNERS Meditation Workshop
		7-9p GUIDED Meditations (beginner-friendly)-ChiSing	Meditations - MRZC	7p Healing Buddha-Tashi	- Dorayne Breedlove	- Brother ChiSing
WESAK 6	7	8	9	10	11	12
11:30a Spiritual Journeys	10-11:15a YOGA - Andy*	10-11:15a Gentle YOGA	12:00-12:45p Meditation	10-11:15a Gentle YOGA		9a-2p "Living NAMASTE"
3p Meditación (español)	11:30a-1:00p Silent ZEN Meditations - MKZC	12:00-12:45p Meditation	3:15-4:30p YOGA - Andy*	12:00-12:45p Meditation		- Christine Clemmer 10:00a REIKI Fellowship
* 5-7p AWAKENING HEART (this is our large		*2-3:15p YOGA - Tashi	7:00-8:30p Silent ZEN	6:00-6:45p Meditation *	7:30p CHANNELING	- Sue Siebens
main Meditation service) - Brother ChiSing	7-9p BODHISATTVA Meditations - ChiSing	5:30-6:45p QIGONG	Meditations – MKZC	7:00-8:15p YOGA - Andy	Spiritual Wisdom -	5:00-9:00p "Heart of the Cedar" FLUTE Circle
Brother officing	7:20p Breaking Free (UA)	7-9p GUIDED Meditations (beginner-friendly)-ChiSing	* 7:30p YOUNG ADULTS (20's & 30's) Meditation*	7p Healing Buddha-Tashi	"Jacob" (Bobbie Perkins)	- Larry Evans
Mother's Day 13	14	15	16	17	18	19
10:00a Christ. Meditation 10:30a Universalist Mass	10-11:15a YOGA - Andy*	10-11:15a Gentle YOGA	12:00-12:45p Meditation	10-11:15a Gentle YOGA		(Day of Mindfulness)
11:30a Spiritual Journeys	11:30a-1:00p Silent ZEN Meditations - MKZC	12:00-12:45p Meditation	3:15-4:30p YOGA - Andy*	12:00-12:45p Meditation	* SPRING RETREAT	* SPRING RETREAT
3p Meditación (español)		*2-3:15p YOGA - Tashi	7:00-8:30p Silent ZEN	6:00-6:45p Meditation *	at Springhill Retreat Center on MAY 18-20 *	at Springhill Retreat Center on MAY 18-20 *
* 5-7p AWAKENING HEART - Tashi Nyima &	7-9p BODHISATTVA Meditations - ChiSing	5:30-6:45p QIGONG	Meditations – MKZC * 7:30p YOUNG ADULTS	7:00-8:15p YOGA - Andy	Genter on MIAT TO 20	Genter on may 10 20
Brother ChiSing	7:20p Breaking Free (UA)	7-9p GUIDED Meditations (beginner-friendly)-ChiSing	(20's & 30's) Meditation*	7p Healing Buddha-Tashi		(Kirtan Chant Concert)
DMC Anniversary 20	21	22	23	24	25	26
11:30a Spiritual Journeys	10-11:15a YOGA - Andy*	10-11:15a Gentle YOGA 12:00-12:45p Meditation	12:00-12:45p Meditation	10-11:15a Gentle YOGA		
3p Meditación (español)	11:30a-1:00p Silent ZEN Meditations - MKZC	•	3:15-4:30p YOGA - Andy*	12:00-12:45p Meditation		
* 5-7p AWAKENING HEART (this is our large	7-9p BODHISATTVA	*2-3:15p YOGA - Tashi	7:00-8:30p Silent ZEN Meditations – MKZC	6:00-6:45p Meditation *	7:30-8:30p Interfaith HEALING Service	
main Meditation service) - Brother ChiSing	Meditations - ChiSing	5:30-6:45p QIGONG 7-9p GUIDED Meditations	* 7:30p YOUNG ADULTS	7:00-8:15p YOGA - Andy	- Br. Lawrence, Sr. Anne, etc.	7:00-9:00p GONG Music Meditation - Kenny Kolter
* (7p Veg. Potluck Dinner)	7:20p Breaking Free (UA)	(beginner-friendly)-ChiSing	(20's & 30's) Meditation*	7:00p Supplication-closed	GIC.	Weditation - Keriny Koiter
10:00a Christ. Meditation	Memorial Day 28	29	30	31		
10:30a Universalist Mass	10-11:15a YOGA - Andy*	10-11:15a Gentle YOGA 12:00-12:45p Meditation	12:00-12:45p Meditation	10-11:15a Gentle YOGA	No.	AH & DMC aspire to be:
11:30a Spiritual Journeys	11:30a-1:00p Silent ZEN Meditations - MKZC	•	3:15-4:30p YOGA - Andy*	12:00-12:45p Meditation		INTERFAITH
3p Meditación (español) * 5-7p AWAKENING	7-9p BODHISATTVA	*2-3:15p YOGA - Tashi	7:00-8:30p Silent ZEN Meditations – MKZC	6:00-6:45p Meditation *		INCLUSIVE INTEGRAL
HEART - Christine, etc.	Meditations - cancelled *	5:30-6:45p QIGONG 7-9p GUIDED Meditations	* 7:30p YOUNG ADULTS	7:00-8:15p YOGA - Andy		INSPIRED
7:30p TaKeTiNa -Michael	7:20p Breaking Free (UA)	(beginner-friendly)-ChiSing	(20's & 30's) Meditation*	, ,	20 7074 Delleel	

AWAKENING HEART MAY 2012 - revised

* New !!! YOUNG ADULTS (20's & 30's) Meditation Fellowship – Wednesdays 7:30 pm (May 9, 16, 23, 30)

Some SPECIAL EVENTS - please see the calendar and website for a full list and description of all upcoming events

- * 1st SPRING WEEKEND RETREAT (at Springhill Retreat Center) May 18-20 (Friday eve. Sunday aft.)
- * "DAY of MINDFULNESS" Retreat (at Springhill Retreat Center) Saturday, May 19, 9:00 am 5:00 pm
- * KIRTAN Chanting Music FEST (at Springhill Retreat Center) Saturday, May 19, 7:00 10:00 pm
- * DMC's 2nd ANNIVERSARY Meditation Celebration Sunday, May 20, 5:00 7:00 pm
- * WESAK: BUDDHA's Birth, Enlightenment, Nirvana (plus Three Refuges) Sunday, June 3, 5:00 7:00 pm

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

* "AWAKENING HEART" (Community of Mindful Living) – Facilitated by Brother ChiSing & others, 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.

*May 6 – Brother ChiSing: "Twelve ESSENTIAL Teachings of the BUDDHA" (part 1)

(Wesak)

May 13 – Ven. Tashi Nyima (monk) MOTHER'S Day: "Enlightened FEMALE Bodhisattvas"

& Brother ChiSing:

*May 20 – Brother ChiSing: "Twelve ESSENTIAL Teachings of the BUDDHA" (part 2)

(2nd Anniversary) (potluck dinner afterwards)

May 27 - Christine Clemmer, etc.: "The SPIRITUALITY of RELATIONSHIPS"

*June 3 - Br. ChiSing & Tashi Nyima: WESAK (Tibetan): BUDDHA Celebration (+ Three Refuges)

(monthly community planning meeting afterwards)

Every MONDAY (7:00-9:00 pm) - \$10-\$25 suggested donation

BODHISATTVA Meditations & Buddhist Ritual – Facilitated by Brother ChiSing & others, 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.**

Introductions & Opening Ritual

Silent Sitting Meditation (25 min.)

Silent Walking Meditation (10 min.) - occasionally with "Amitabha" chanting

Silent Sitting Meditation (25 min.)

Spiritual Teachings & Sharing Circle

Every TUESDAY (7:00-9:00 pm) - \$10-\$25 suggested donation

GUIDED MEDITATIONS Group (beginner-friendly) – Facilitated by Brother ChiSing & others, this Guided Meditations group (12+ persons) is the perfect class for beginners (and also for more advanced practitioners who want to supplement their silent practice with guided meditations). **May's theme is: "Enlightenment"**

Introductions

Guided Resting Meditation (25 min.) - deep relaxation while lying down

Guided Walking Meditation (10 min.)

Guided Sitting Meditation (25 min.)

Spiritual Teachings & Sharing Circle

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

- * First Saturday "Meditation REJUVENATION Retreat" (Brother ChiSing): June 2, 9:00 am 12:30 pm
- * First Saturday "BEGINNERS Meditation Workshop" (Brother ChiSing): June 2, 2:00 6:00 pm

www . Dallas Meditation Center . com