




SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 <i>3p Meditación (español)</i> 5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima	Labor Day 3 CLOSED for the HOLIDAY	4 12:00-12:45p Meditation 2:00-3:15p YOGA - Tashi 5:30-6:45p QiGong-Mike 7-9p YOUNG ADULTS (20's & 30's) Meditation	5 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 7:00-8:30p Silent ZEN Meditations - MKZC	6 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p Chakra Breathing Meditation (1) - Jyoti S. 7-9p "HAPPINESS" 1 of 8 Class - Ven. Tashi Nyima	7 <i>* Tonight's DRUM Circle will be held instead @ THE CENTER FOR SPIRITUAL LIVING - Dorayne Breedlove *</i>	8 10:00a-12:30p REIKI 5:00-9:00p FLUTE Circle 7:00-10:00p Non-dual SATSANG - Komal
9 9:30a Christ. Meditation 10:00a Universalist Mass <i>3p Meditación (español)</i> 5-7p AWAKENING HEART (this is our large main Meditation service) - Bobbie Perkins	10 10-11:15a YOGA - Andy 11:30a-1:00p Silent ZEN Meditations - MKZC	11 12:00-12:45p Meditation 2:00-3:15p YOGA - Tashi 5:30-6:45p QiGong-Mike 7-9p YOUNG ADULTS (20's & 30's) Meditation	12 9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC	13 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p Chakra Breathing Meditation (2) - Jyoti S. 7-9p "HAPPINESS" 2 of 8 Class - Ven. Tashi Nyima	14 7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)	15 10a-12p Vajra YOGA (Tibetan) - Tashi Nyima 2-5p Intro to "SPIRAL DYNAMICS" - Bobbie P. 7:30-9:30p Connections Party - Cathy Vartulli
New Moon 16 <i>3p Meditación (español)</i> 5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima (7p Planning Meeting)	17 10-11:15a YOGA - Andy 11:30a-1:00p Silent ZEN Meditations - MKZC 5:30-6:45p YOGA - Royia	18 12:00-12:45p Meditation 2:00-3:15p YOGA - Tashi 5:30-6:45p QiGong-Mike 7-9p YOUNG ADULTS (20's & 30's) Meditation	19 9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC	20 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p Chakra Breathing Meditation (3) - Jyoti S. 7-9p "HAPPINESS" 3 of 8 Class - Ven. Tashi Nyima	21 <i>* 7:30p Special dinner meeting of DMC leaders w/ Brother ChiSing</i>	Autumn Equinox 22 * 9a-12:30p Meditation REJUVENATION Retreat - Brother ChiSing * 2-6p BEGINNERS Meditation Workshop - Brother ChiSing 2-4p "Vastu" - Purusha 7:00-9:00p GONG -Kenny
23 9:30a Christ. Meditation 10:00a Universalist Mass <i>3p Meditación (español)</i> * 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing * (7p Potluck Dinner) 7:30p TakeTiNa -Michael	24 10-11:15a YOGA - Andy 11:30a-1:00p Silent ZEN Meditations - MKZC 5:30-6:45p YOGA - Royia * 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *	25 12:00-12:45p Meditation 2:00-3:15p YOGA - Tashi 5:30-6:45p QiGong-Mike 7-9p YOUNG ADULTS (20's & 30's) Meditation	26 9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC	27 12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p Chakra Breathing Meditation (4) - Jyoti S. 7-9p "HAPPINESS" 4 of 8 Class - Ven. Tashi Nyima	28 <i>(your event could go here)</i>	29 10:00a-12:00p "Opening to Inspiration: An Exploration of Backbends" (Yoga) - Andy McDonald 7:30p MUSIC Concert - Cornell K. & Julie Bonk
Full Moon 30 <i>3p Meditación (español)</i> 5-7p AWAKENING HEART (this is our large main Meditation service) - Rev. Lee Wolak, R.Sc.				Director: Brother ChiSing Assistant: Bobbie Perkins Communications: Cornell Kinderknecht	DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm	AH & DMC aspire to be: INTERFAITH INCLUSIVE INTEGRAL INSPIRED

AWAKENING HEART

*** SEPTEMBER 2012 – revised ***

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

- * 4th Saturday – “Meditation REJUVENATION Retreat” (Brother ChiSing): **September 22**, 9:00 am - 12:30 pm
- * 4th Saturday – “BEGINNERS Meditation Workshop” (Brother ChiSing): **September 22**, 2:00 - 6:00 pm

*** SUNDAYS (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. ☸

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| Sept. 2 – | Ven. Tashi Nyima (monk): | “Sixteen Guidelines for TRUE HAPPINESS” |
| Sept. 9 – | Bobbie Perkins | “Living WISDOM, Here and Now” |
| Sept. 16 – | Ven. Tashi Nyima (monk): | “Sixteen Guidelines for TRUE HAPPINESS”
(community planning meeting afterwards) |
| * Sept. 23 – | * Brother ChiSing:
(music: Robin Hackett) | * AUTUMN EQUINOX: “The Transformation of Suffering” *
(vegetarian potluck dinner afterwards) * |
| Sept. 30 – | Rev. Lee Wolak (CSL): | “Mindful ABUNDANCE, Here and Now” |

1st & 3rd MONDAYS (7:00-9:00 pm) - October 1, 15 & 29, etc.

“BUDDHA LIGHT” Chanting & Silent Meditations – Facilitated by Brother ChiSing, this deeper experienced Buddhist meditation circle (8+ persons) is open to those who have been meditating at AH/DMC or similar centers for at least 4-8 times, able to sit in stillness, breathing silently. **We practice an Integral “One Dharma” approach to spirituality.**

Opening Ceremony (Incense, Recitation, Prostrations)
Chant-Walking (5 min.)
Silent Sitting Meditation (25 min.)
Silent Walking (10 min.)
Silent Sitting Meditation (25 min.)
Spiritual Teachings & Sharing Circle

2nd & 4th MONDAYS (7:00-9:00 pm) - September 24, October 8 & 22, etc.

GUIDED MEDITATIONS Group (beginner-friendly) – Facilitated by Brother ChiSing, 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). All are welcome. **September’s theme is: “Renewal”**

Guided Resting Meditation (25 min.) – deep relaxation while lying down
Guided Walking Meditation (10 min.)
Guided Sitting Meditation (25 min.)
Spiritual Teachings & Sharing Circle

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

- * Autumn Equinox Meditation w/ Br. ChiSing (plus potluck dinner) – Sunday, September 23, 5:00 - 7:00 pm
- * **AUTUMN WEEKEND RETREAT (at Springhill Retreat Center)** – October 5 - 7 (Fri. eve. - Sun. aft.)
- * **DAY of MINDFULNESS Retreat (at Springhill Retreat Center)** – Saturday, October 6, 9:00 am - 5:00 pm

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