





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>2</b> <i>Advent</i></p> <p>3p <i>Meditación (español)</i></p> <p>* 5-7p <b>AWAKENING HEART</b> (this is our large main Meditation service) - Brother ChiSing *</p>	<p><b>3</b></p> <p>10-11:15a YOGA - Andy</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>5:30p Gentle YOGA-Roya</p> <p>* 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p><b>4</b></p> <p>12:00-12:45p Meditation</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p><b>5</b></p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy</p>	<p><b>6</b></p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:00p CHAKRA Breathing Meditation - Jyoti</p> <p>7-8:00p MEDITATION - Ven. Tashi Nyima</p>	<p><b>7</b></p> <p>7:00-9:00p First Fridays: DRUM Circle - Dorayne B</p>	<p><b>8</b></p> <p>10:00a-12:30p REIKI</p> <p>5:00-9:00p FLUTE Circle</p>
<p><b>9</b> <i>Hanukkah</i></p> <p>9:30/10:00a Med./Mass</p> <p>3p <i>Meditación (español)</i></p> <p>* 5-7p <b>AWAKENING HEART</b> (this is our large main Meditation service) - Brother ChiSing *</p> <p>* All Community Meeting</p>	<p><b>10</b></p> <p>10-11:15a YOGA - Andy</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>5:30p Gentle YOGA-Roya</p> <p>* 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p><b>11</b></p> <p>12:00-12:45p Meditation</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p><b>12-12-12</b></p> <p>12:00-1:00p Special MEDITATION - ChiSing</p> <p>3:15-4:30p YOGA - Andy</p> <p>6:00p QIGONG - Janna</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p><b>13</b> <i>New Moon</i></p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:00p CHAKRA Breathing Meditation - Jyoti</p> <p>7-8:00p MEDITATION - Ven. Tashi Nyima</p>	<p><b>14</b></p> 	<p><b>15</b></p> <p>* 9:00a-12:30p Retreat: YOGA &amp; MEDITATION - Andy &amp; ChiSing *</p> <p>7p GONG Vibration - KK</p>
<p><b>16</b></p> <p>3p <i>Meditación (español)</i></p> <p>* 5-7p <b>AWAKENING HEART</b> (this is our large main Meditation service) - Brother ChiSing *</p> <p>7p Veg. Potluck Dinner</p>	<p><b>17</b></p> <p>10-11:15a YOGA - Andy</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>5:30p Gentle YOGA-Roya</p> <p>* 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p><b>18</b></p> <p>12:00-12:45p Meditation</p> <p>2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p><b>19</b></p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy</p> <p>6:00p QIGONG - Janna</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p><b>20</b></p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:00p CHAKRA Breathing Meditation - Jyoti</p> <p>7-8:00p MEDITATION - Ven. Tashi Nyima</p>	<p><b>12-21-12</b></p> <p>The Great Winter SOLSTICE</p> <p>* 12:00-1:00p Special MEDITATION - Bobbie</p>	<p><b>22</b></p> <p>* Free * NEW EARTH "drop-in" Retreat (10 am - 4 pm)</p> <p>Bobbie Perkins &amp; other DMC teachers, etc.</p>
<p><b>23</b></p> <p>9:30/10:00a Med./Mass</p> <p>3p <i>Meditación (español)</i></p> <p>5-7p <b>AWAKENING HEART</b> (this is our large main Meditation service) - Ven. Tashi Nyima</p> <p>7:30p TaKeTiNa - Michael</p>	<p><b>24</b></p> <p>10:30 pm CHRISTMAS EVE Midnight Mass</p>	<p><b>25</b> <i>Christmas Day</i></p> <p>C = Compassion H = Healing R = Renewal I = Inclusivity S = Spirituality T = Transformation</p>	<p><b>26</b></p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy</p> <p>6:00p QIGONG - Janna</p>	<p><b>27</b></p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:00p Chakra Meditation</p> <p>7-8p Supplication (open)</p> <p>8-9p Buddha Chanting - Ven. Tashi Nyima</p>	<p><b>28</b> <i>Full Moon</i></p> 	<p><b>29</b></p> 
<p><b>30</b></p> <p>3p <i>Meditación (español)</i></p> <p>* 5-7p <b>AWAKENING HEART</b> (this is our large main Meditation service) - Brother ChiSing *</p>	<p><b>31</b></p> <p>8-10p NEW YEAR'S EVE Meditation &amp; Ritual - Brother ChiSing, etc. *</p>	<p><b>1</b> <i>New Year's Day 2013</i></p> <p>* Free * NEW YEAR'S DAY Afternoon Retreat (1:00-5:00p) Brother ChiSing</p>		<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: Cornell Kinderknecht</p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>AH &amp; DMC aspire to be:</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>



# AWAKENING HEART



**DECEMBER 2012 (revised) - "The Great Shift"**

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

- \* 12-12-12: Special Noon MEDITATION (Brother ChiSing) – Wednesday, December 12, 12:00 - 1:00 pm
- \* YOGA & MEDITATION Morning Retreat (Andy McDonald & ChiSing) – Sat., Dec. 15, 9:00 am - 12:30 pm
- \* 12-21-12: Special "Winter Solstice" MEDITATION (Bobbie Perkins) – Fri., Dec. 21, 12:00 - 1:00 pm
- \* Free NEW EARTH "drop-in" Retreat (Bobbie Perkins, etc.) – Saturday, December 22, 10:00 am - 4:00 pm
- \* NEW YEAR'S EVE Meditation & Ritual (Brother ChiSing, etc.) – Monday, December 31, 8:00 - 10:00 pm
- \* Free NEW YEAR'S DAY Afternoon Retreat" (Brother ChiSing, etc.) – Tue., January 1, 1:00 - 5:00 pm
- \* MEDICINE BUDDHA Healing Service (Ven. Tashi Nyima & Brother ChiSing) – Fri., Jan. 11, 7:30-9:00 pm
- \* Monthly MINDFULNESS Morning Retreat (Brother ChiSing) – Saturday, January 12, 9:00 - 12:30 pm
- \* BEGINNERS Meditation Workshop (Brother ChiSing) – Saturday, January 12, 2:00 - 6:00 pm

**\* SUNDAYS (5:00 - 7:00 pm) \*** - ALL ARE WELCOME! ☺

☸ **"AWAKENING HEART" (Community of Mindful Living)** – Facilitated by Brother ChiSing & others, this Interfaith Buddhist Meditation Community (*inspired by the teachings and practices of Thich Nhat Hanh and other great spiritual teachers*) is our largest main meditation gathering of the week (40+ persons) with walking and sitting meditations, kirtan chanting & music, inspiring messages, and community sharing (*open to all levels of meditation experience, both beginners and more experienced meditators*). Monthly Potluck Dinner. Childcare every Sunday. ☸

- |                 |  |   |
|-----------------|--|---|
| * December 2 –  | Brother ChiSing *                            | <b>"Cosmic CHRIST Consciousness:<br/>A Buddhist Perspective on JESUS as Bodhisattva" *</b>  |
| * December 9 –  | Brother ChiSing *<br>music by: Gary Floyd    | <b>A Buddhist HANUKKAH Reflection on:<br/>"KARMA, DHARMA &amp; SEVA" (and "Punya") *</b><br>* (community planning meeting afterwards) |
| * December 16 – | Brother ChiSing *<br>music by: Robin Hackett | <b>Pre-SOLSTICE Celebration (Countdown to 12-21-12):<br/>"NEW EARTH - Now or Never"</b><br>* (vegetarian potluck dinner afterwards)   |
| * December 23 – | Ven. Tashi Nyima (monk)                      | <b>VAJRAYANA Buddhist Wisdom &amp; Practice</b>   |
| * December 30 – | Brother ChiSing *                            | <b>"Three BUDDHAS of Wisdom, Love &amp; Healing" *</b><br>(plus Special "Mindfulness Trainings" Recitation)                           |

**MONDAYS (7:00 - 9:00 pm)** - suggested donation: \$10-\$25

**Weekly GUIDED MEDITATIONS Group (beginner-friendly)** – Facilitated by Brother ChiSing, this Guided Meditations group (12+ persons) is the perfect weekly group for beginners (*and also for more experienced meditators who want to supplement their silent practice with guided meditations*). ALL ARE WELCOME.

- Guided Resting Meditation** (25 min.) – deep relaxation while lying down with pillow & blankets
- Guided Walking Meditation** (10 min.)
- Guided Sitting Meditation** (25 min.) – you may sit on a chair or on a floor mat / cushion
- Spiritual Teachings & Sharing Circle**

**WWW . DALLAS MEDITATION CENTER . COM**