

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><i>Director:</i> Brother ChiSing <i>Assistant:</i> Bobbie Perkins <i>Communications:</i> Cornell Kinderknecht</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>	<p>1</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 7:20p UA - 12 Step</p> <p>7:30p Beginner-friendly GUIDED Meditations - Kamal Albright</p>	<p>2</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>3</p> <p>8:30a TAI CHI - Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 5:45p TAI CHI - Janna 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>4</p> <p>12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>5</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:00-9:00p First Fridays: DRUM Circle - Dorayne</p>	<p>6</p> <p>* 9:00a-12:30p YOGA & MEDITATION Retreat - Andy & ChiSing (free) *</p> <p>* 2:00-6:00p Workshop: BEGINNERS Meditation - Brother ChiSing *</p> <p>7:00p Sound Meditation - Vanessa G. & Kenny K.</p>
<p>7</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>8</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 7:20p UA - 12 Step</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>9</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>10</p> <p>8:30a TAI CHI - Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 5:45p TAI CHI - Janna 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>11</p> <p>12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>12</p> <p>12:00-12:45p Zen-to-Go</p>	<p>13</p> <p>10:00a-12:30p REIKI 5:00-9:00p FLUTE Circle</p>
<p>14</p> <p>3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima</p>	<p>15</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 7:20p UA - 12 Step</p> <p>7:30p Beginner-friendly GUIDED Meditations - Kamal Albright</p>	<p>16</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>17</p> <p>8:30a TAI CHI - Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 5:45p TAI CHI - Janna 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>18</p> <p>12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>19</p> <p>12:00-12:45p Zen-to-Go</p> <p>1:30-6:00p Trinity Energy</p> <p>7:00-9:30p Swami Ken</p>	<p>20</p> <p>9:30-4:30p Trinity Energy 3:00-4:00p Meditation w/ Hemi-Sync Technology 6:00-9:00p Swami Ken</p>
<p>21</p> <p>9:30-3:30p Trinity Energy 3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing & Brother Chan Huy *</p> <p>7-8p POTLUCK DINNER</p>	<p>22 Earth Day</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 7:20p UA - 12 Step</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>23</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>24</p> <p>8:30a TAI CHI - Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 5:45p TAI CHI - Janna 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>25</p> <p>12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>26</p> <p>12:00-12:45p Zen-to-Go</p> <p>7p Mindful Manifesting - Bobbie Perkins</p>	<p>27</p> <p>10:00a-5:00p Mindful Manifesting - BobbiePerkins</p> <p>7:30p Connections Party</p>
<p>28</p> <p>11a-1p Ecstatic Dance 3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing & Zen Master Gaelyn Godwin *</p> <p>7:30p TaKeTiNa -Michael</p>	<p>29</p> <p>12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 7:20p UA - 12 Step</p> <p>*7:30p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>30</p> <p>12:00-12:45p Zen-to-Go 2p Vajra YOGA - Tashi</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p> <p>7:30p Chakra Meditation</p>	<p>(1) May</p> <p>8:30a TAI CHI - Janna 12:00-12:45p Zen-to-Go 2:00-3:15p YOGA - Andy 5:45p TAI CHI - Janna 6:00-7:15p YOGA - Roya 7:30p ACTIVE Meditation</p>	<p>(2)</p> <p>12:00-12:45p Zen-to-Go 6:00-6:45p Zen-to-Go 7:00-8:15p YOGA - Andy 7:30p QIGONG - Jyoti 7:00-900p BUDDHIST Practices - Tashi Nyima</p>	<p>(3)</p> <p>12:00-12:45p Zen-to-Go</p> <p>7:00-9:00p First Fridays: DRUM Circle - Dorayne</p>	<p>(4)</p> <p>SPRING WEEKEND RETREAT (May 3-5)</p>

10 SPIRITUAL PRACTICES

1) **Daily Meditation** – Sitting Meditation is a way of resting as “Being” in alert accepting awareness. Walking Meditation helps to prepare us for Sitting Meditation as well as to extend “Being” to the various “doings” of our human life in the Universe. Consistency is the key to meditation practice (*preferably at least 20 minutes twice a day, perhaps before breakfast and before dinner*).

2) **Weekly Sangha** – Attend group meditation every week. The minimum is once a month. This practice is one of the most important, because you will always be reminded of all the other practices if you practice this.

3) **Meditation Retreat & Nature** – Attend a meditation retreat sometime this month, this season, this year. It could be a weeklong retreat, or a weekend retreat, or even just a daylong retreat, but the minimum is a half-day retreat (*at least 3 or 4 hours*). And spend time regularly in Nature too (*preferably in silence*).

4) **Gratitude** – Practice reciting out loud for at least 3 minutes nonstop all that you feel grateful for, or all that is positive, or at least all that is not bad. If you do this every day alone or with a friend, you will notice a major shift in your energy. The minimum is to practice this once a week, preferably with a friend, taking turns.

5) **Dharma-reading & Journal-Writing** – Read good spiritual Dharma books. Immerse your mind in positive teachings. Also, buy a new journal and write in it every day or at least once a week. Express yourself on paper.

6) **Yoga / Qigong** – If you don't already practice Yoga or Qigong, then this is the best time to start. Take a gentle Yoga class or energizing Qigong class. There are several to choose from at the DALLAS MEDITATION CENTER and other places. You will be amazed at how much this supports your meditation practice and your spiritual growth.

7) **Semi-Vegetarian Diet** – Consciously cut back on your meat consumption. When eating meat, choose fish over other forms. The next best would be poultry. Eliminate or cut back on pork and beef. Eat more fresh vegetables. Perhaps take a vegetarian cooking class. There are several great vegetarian restaurants, such as “Veggie Garden” (*on Arapaho Rd. @ Custer Rd. in Richardson, TX*). Consider having at least one vegetarian meal per day, and maybe one day a week that is completely vegetarian.

8) **Blessing Prayer** – Practice “metta” (*loving-kindness*) meditation and prayer. Visualize blessing Light radiating from your Buddha Heart toward your family, friends, neighbors, co-workers, communities, and the world, as well as to Brother ChiSing and all the staff, instructors, members and visitors of AH/DMC.

9) **“Dana” (Generosity) & “Seva” (Service)** – Consider making a donation of \$100 each month this year to AWAKENING HEART. Or perhaps give a one-time gift of \$1,000. And serve through volunteer work here or elsewhere. Dana and Seva are at the very heart of our practice.

10) **Chanting Practice** – This is an ancient spiritual practice from Mahayana Buddhism, and millions of practitioners, both past and present, can testify to its power. I have adapted it for our modern Western lifestyle. Here is the practice:

Chant a mantra at least 10 times during 10 periods of the day (*or whenever you think of it*). The mantra I recommend is the mantra “OM NAMO AMITABHA BUDDHAYA” (*Gratitude to the Infinite Light of Awakening*). You can also chant a shorter version of this mantra by simply chanting “AMITABHA” or “NAMO AMITABHA.” Other variations are “OM AMITABHA HRIH” or “OM AMIDEVA HRIH” (*Infinite Divine Love*). If you prefer Avalokiteshvara (Quan Yin) you may chant “OM MANI PADME HUM” (*Enlightened Wisdom Compassion Activating*), or you may chant the mantra of the Medicine Buddha of Healing, etc.

If you prefer affirmations in English, here are three examples: “I Am Safe, I Am Loved, I Am Free.”

Simply put, the practice is to chant a mantra at least 10 times during 10 periods of the day (*or whenever you think of it*):

1. Upon waking
2. Before breakfast
3. After breakfast
4. Before work
5. Before lunch
6. After lunch
7. After work
8. Before dinner
9. After dinner
10. Before bedtime

