

DALLAS MEDITATION CENTER (One Dharma)

JUNE 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>BUDDHAS & BODHISATTVAS: Awakened Teachers and Awakening Beings (Both Historical and Archetypal)</p>	<p>1 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 6-7p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>2 Full Moon HAPPY WESAK 12-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>3 9-10a TAI CHI - Janna 10:30a QiGong - Janna 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 7:30-9p INTERBEING Sangha 5MT (Recitation) - Bobbie Perkins</p>	<p>4 12-12:45p ZEN-to-Go 6-6:45p ZEN-to-Go 7-8:15p YOGA - Andy</p>	<p>5 Your Event Could Go Here 7:00p DRUM Circle - Dorayne</p>	<p>6 9a-12:30p YOGA & MEDITATION Retreat - Andy 2-3:30p Om Awakening - Dr. Paula Joyce Your Event Could Go Here</p>
<p>7 12:30-2p CRYSTAL Bowls - Bryan 5-7p AWAKENING HEART Meditation service - WESAK - Brother ChiSing "Shakyamuni Buddha's Birth, Enlightenment, and Nirvana Beyond Death" (includes DMC's 5th Anniversary celebration)</p>	<p>8 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 6-7p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>9 12-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>10 9-10a TAI CHI - Janna 10:30a QiGong - Janna 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 7:30-9p Interbeing Sangha - Bobbie Perkins</p>	<p>11 12-12:45p ZEN-to-Go 6-6:45p ZEN-to-Go 7-8:15p YOGA - Andy</p>	<p>12 Your Event Could Go Here 7:30-9:00p Our Sacred Earth - Ana Shoemaker</p>	<p>13 10a-12:30p REIKI 1-4p TaKeTiNa - Michael 2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins 5-9p FLUTE CIRCLE</p>
<p>14 12:30-2p CRYSTAL Bowls - Bryan 5-7p AWAKENING HEART Meditation service - Brother ChiSing "Quan Yin: Motherly Bodhisattva of Compassion" 7:30-9p TaKeTiNa - Michael</p>	<p>15 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 6-7p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>16 New Moon 12-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>17 9-10a TAI CHI - Janna 10:30a QiGong - Janna 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 7:30-9p Interbeing Sangha - Bobbie Perkins</p>	<p>18 12-12:45p ZEN-to-Go 6-6:45p ZEN-to-Go 7-8:15p YOGA - Andy</p>	<p>19</p>	<p>20 2:30-5:30p Hemi-Sync Meditation 7:00p - Crystal Bowls & Flute - Bryan & Cornell</p>
<p>21 Summer Solstice Father's Day 12:30-2p CRYSTAL Bowls - Bryan 5-7p AWAKENING HEART Meditation service - Brother ChiSing "AMITABHA: Buddha of Infinite Light, Love and Life" Live Music 7p Community POTLUCK DINNER</p>	<p>22 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 6-7p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>23 12-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>24 9-10a TAI CHI - Janna (Cottonwood Park) 10:30a QiGong - Janna (Cottonwood Park) 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 7:30-9p Interbeing Sangha - Bobbie Perkins</p>	<p>25 12-12:45p ZEN-to-Go 6-6:45p ZEN-to-Go 7-8:15p YOGA - Andy</p>	<p>26 7:30-9p MUSIC Concert - Cornell K and Julie Bonk</p>	<p>27</p>
<p>28 12:30-2p CRYSTAL Bowls - Bryan 5-7p AWAKENING HEART Meditation service - * Special EMERGENCY MEETING for All Members, Friends and Supporters of DMC * w/ Brother ChiSing 7:30-9p TaKeTiNa - Michael</p>	<p>29 12-12:45p ZEN-to-Go 2-3:15p YOGA - Andy 6-7p TAI CHI - Janna 7:30-8:30p QIGONG - Janna 7:30-9:30 Mindful Monday Meditation - Cornell</p>	<p>30 12-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation</p>		<p>DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm (972) 432-7871 727 S. Floyd Rd., Richardson, TX 75080 DallasMeditationCenter.com</p>	<p>Director: Brother ChiSing Manager: Bobbie Perkins Communications: Cornell Kinderknecht</p>	

JUNE 2015 @ AWAKENING HEART

SPECIAL DMC EVENTS - please see website for full list and description of all events

- **Beginner's Meditation Workshop** w/ Bobbie Perkins – Saturday, July 11, 2015 - 2-5:30pm

*** SUNDAYS (5:00 - 7:00 pm) ***

Free – ALL ARE WELCOME (donations appreciated)

"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 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*). Childcare every Sunday.

JUNE Theme: "BUDDHAS & BODHISATTVAS: Awakened Teachers and Awakening Beings (Both Historical and Archetypal)"

June 28: * Special EMERGENCY MEETING for All Members, Friends and Supporters of DMC * with Brother ChiSing

JULY theme:

"BUDDHAS & BODHISATTVAS: Awakened Teachers and Awakening Beings (Both Historical and Archetypal)"

July 5 - Speaker: [Bobbie Perkins](#) (Aspirant, Order of Interbeing)
Topic: "Thich Nhat Hanh - Modern Bodhisattva"

July 12 - Speaker: [Brother ChiSing](#) (Spiritual Director, Interfaith Buddhist)
Topic: "Quan Yin: Bodhisattva of Love"

July 19 - Speaker: [Brother ChiSing](#) (Spiritual Director, Interfaith Buddhist)
Topic: "Bhaishajya Guru: Medicine Buddha of Healing"

July 26 - Speaker: [Brother ChiSing](#) (Spiritual Director, Interfaith Buddhist)
* Last Sunday at DMC's current location *

MONDAYS (7:30 - 9:00 pm) - **Mindful Mondays** - Facilitated by Brother ChiSing, Cornell Kinderknecht and others. Walking and sitting meditation, chanting, mindful movement, discussion/sharing. All are welcome. Some previous meditation experience is helpful.

WEDNESDAYS (7:30 - 9:00 pm) - **Interbeing Sangha** - Facilitated by Bobbie Perkins and other trained sangha facilitators. A meditation group practicing and studying the teachings of Thich Nhat Hanh. • Two sitting meditations • Walking meditation • Singing/chanting • A dharma talk or study.



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WWW.AWAKENINGHEART.ORG