


DALLAS MEDITATION CENTER (One Dharma)

JULY 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm (972) 432-7871 727 S. Floyd Rd., Richardson, TX 75080 DallasMeditationCenter.com	Director: Brother ChiSing Manager: Bobbie Perkins Communications: Cornell Kinderknecht	BUDDHAS & BODHISATTVAS: Awakened Teachers and Awakening Beings (Both Historical and Archetypal)	1 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	2 Full Moon/Dhamma Day 12-12:45p ZEN-to-Go 6-6:45p ZEN-to-Go 7-8:15p YOGA - Andy	3 7:00p DRUM Circle - Dorayne	4 Independence Day
5 12:30-2p CRYSTAL Bowls - Bryan 5:00-7:00p AWAKENING HEART Meditation service - Bobbie Perkins "Thich Nhat Hanh - Modern Bodhisattva"	6 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	7 12-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	8 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	9 12-12:45p ZEN-to-Go 6-6:45p ZEN-to-Go 7-8:15p YOGA - Andy	10 7:30-9p From Fear to Freedom - Dr. Paula Joyce 7-11pm YES Fundraiser Night! Benefitting DMC relocation	11 10a-12:30p REIKI 2:00-5:30p BEGINNERS Meditation workshop 5-9p FLUTE CIRCLE
12 12:30-2p CRYSTAL Bowls - Bryan 5:00-7:00p AWAKENING HEART Meditation service - Brother ChiSing "Quan Yin: Bodhisattva of Love"	13 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	14 12-12:45p ZEN-to-Go 7-9p YOUNG ADULTS (20's & 30's) Meditation	15 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	16 New Moon 12-12:45p ZEN-to-Go 6-6:45p ZEN-to-Go 7-8:15p YOGA - Andy	17	18 2:30-5:30p Hemi-Sync Meditation 7p - Crystal Bowls & Flute - Bryan & Cornell
19 12:30-2p CRYSTAL Bowls - Bryan 5:00-7:00p AWAKENING HEART Meditation service - Brother ChiSing "Bhaishajya Guru: Medicine Buddha of Healing"	20	21	22	23	24 7:30p - Music Meditation - Cornell and Martin McCall @ Ananda Meditation Ctr.	25
26	27	28	29	30	31 Full Moon	

JULY 2015 @ AWAKENING HEART

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

- **Music Meditation** w/ Cornell Kinderknecht & Martin McCall – Friday, July 24, 2015 - 7:30-9pm
Special location: Ananda Meditation & Yoga Center, 4801 Keller Springs Rd, Ste 103

*** 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.

**JULY theme: "BUDDHAS & BODHISATTVAS
(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"
* 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.

Flow of generous abundance FUNDRAISING Campaign



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ONLINE DONATION LINK: <http://www.dallasmeditationcenter.com/move>

WWW.AWAKENINGHEART.ORG