

# Mindful Mondays

MONDAYS 7:30 PM

(3 bells, 1 chime, bow)

## WELCOME

### OPENING AFFIRMATION:

May we and all beings be happy and free.  
May we and all beings transform our suffering.  
May we and all beings rejoice in all joys.  
May we and all beings be at peace;  
awakening to the Truth of who we are:

AMITABHA – Infinite Light, Infinite Love, Infinite Life!

(1 chime, bow)

### BRIEF CHECK-IN

(1 chime, stand and spread around the room)

(1 chime, bow and turn to the left, 1 chime, walk)

**WALKING MEDITATION (15 min.)** – you may opt to sit or rest instead

(wake sound, 1 chime, stop, face center)

(1 chime, bow, return to seat)

(3 bells)

**SITTING MEDITATION (25 min.)** – please respect the stillness & silence

(wake sound, 2 bells, 1 chime, bow, massage legs)

(1 chime, stand and give room for stretching)

**MINDFUL MOVEMENT (5 min.)** – guided and/or free-form stretching

(1 chime, bow, return to seat)

### DHARMA DISCUSSION AND SHARING (40 min.)

### ANNOUNCEMENTS

Please practice “dana” (generosity). Our bare minimal budget is about \$6,000 / month. Please consider making a monthly donation of \$100 or more.

### CLOSING CHANT: “The Four Vows of Awakening Beings”

(2 bells, palms together at the heart)

Countless beings, we vow to free.

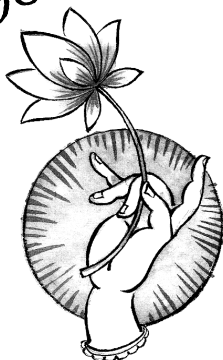
Ceaseless afflictions, we vow to end.

Limitless Truth doors, we vow to open.

The deepest paths of Awakening, we vow to realize.

(1 chime, bow)

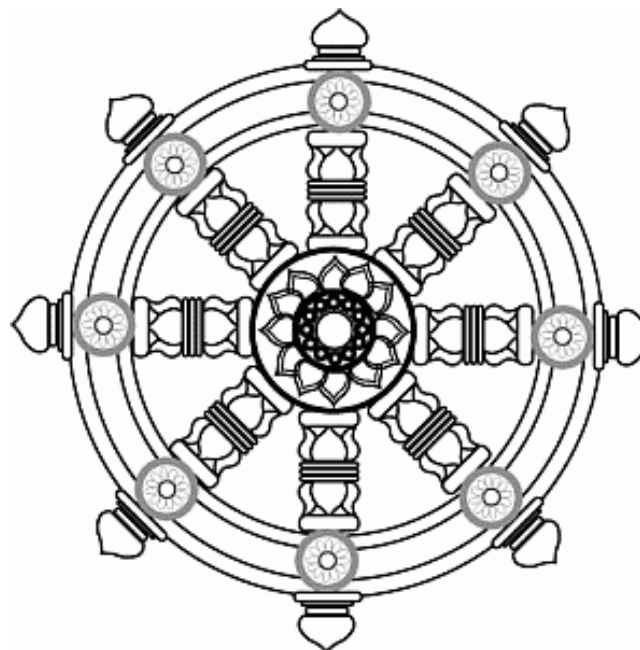
One: Amitabha! All: AMITABHA!!!



# MINDFUL MONDAYS

Practical Mindfulness for Everyday Living

Interfaith \* Integral \* Inclusive \* Inspired



Every **MONDAY** at 7:30 PM

(DMC's main Meditation is on SUNDAYS 5 pm)

Spiritual Director: **Brother ChiSing**, M.Div., M.A.

(an ordained disciple of Zen Master *Thich Nhat Hanh*)

[www.AWAKENINGHEART.org](http://www.AWAKENINGHEART.org)

DALLAS MEDITATION CENTER  
@ CSLDallas (A Center for Spiritual Living)