

AWAKENING HEART

The Art of Mindful Living ... with Brother ChiSing

Dallas, Grapevine, Plano

APRIL 2010

Spring Newsletter

MEDITATION, MUSIC & MORE

"The most precious gift we can offer others is our presence." ~ THICH NHAT HANH

Serenity SUNDAYS – Dallas

Unity Church of Dallas, 6525 Forest Ln., 75230

- 4:00 Optional Karma Yoga and
Hatha Yoga with Susan Rainey
5:00 Optional Early Meditation
5:30 MEDITATION, MUSIC & MORE
(music by Gary Floyd, Robin Hackett & others)
7:30 Optional Dinner
(Monthly Vegetarian Potluck)

- April 4 EASTER SUNDAY - Brother ChiSing:
"How Buddha Helps Me Understand Jesus"
(1st day of "SEASON for ENLIGHTENMENT")
April 11 *[members facilitating]*
April 18 EARTH DAY CELEBRATION - Brother ChiSing:
"Practical Advice on Teaching & Facilitating"
(Vegetarian Potluck Dinner)
April 25 *[members facilitating]*

* **Mark your calendars: May 23 - "Buddha's Birthday"**

Transforming TUESDAYS – Plano

Unity Center of Light, 7300 Alma Dr., Ste 400, 75025

- 7:00 MEDITATION, MUSIC & MORE
(music by Gary Floyd & others)
April 6 Brother ChiSing: "Stages of Enlightenment"
April 13 *(Thich Nhat Hanh)*
April 20 Brother ChiSing: "Metta - Love, Joy, Peace"
April 27 *(Thich Nhat Hanh)*

Special SATURDAY Event

"Day of Mindfulness" Retreat
Saturday, April 17, 9 am - 5 pm

(location, details & registration at:
www.AwakeningHeart.org*)*



"SEASON FOR ENLIGHTENMENT"

Easter Sunday to Buddha's Birthday

54 DAYS OF AWAKENING

April 4 - May 27

* **Sunday, May 23: "Buddha's Birthday" Celebration /
Grand Opening of "Dallas Meditation Center"
(727 S. Floyd Rd., Richardson, TX 75080)**

Mindful MONDAYS – Grapevine

Unity Church in Grapevine, 1650 Hughes Rd., 76054

- 6:00 Optional Hatha Yoga with Lynne Clem
7:00 MEDITATION, MUSIC & MORE
(music by Robin Hackett)
April 5 Brother ChiSing: "Buddha & Jesus Christ"
April 12 Josh Hodnett & members
April 19 EARTH DAY CELEBRATION
Brother ChiSing: "Buddha & Mother Earth"
(Vegetarian Potluck Dinner)
April 26 Josh Hodnett & members

* **"Day of Mindfulness" Retreat – Sat., April 17, 9a-5p**

www.AWAKENINGHEART.org

An Important Message from *BROTHER CHISING*

Dear mindful friends,

We are now on the verge of our next phase of evolution in the life of our Community of Mindful Living here in Dallas, TX. Four years ago, I moved back to Dallas after 11 years of personal spiritual development in California and 1 year in Minnesota.



Three years ago, "AWAKENING HEART" was born. And today, we have about 100 meditation practitioners in 3 weekly meditation communities in Dallas on Sundays, in Grapevine on Mondays, in Plano on Tuesdays, and monthly retreats on Saturdays in various locations, plus a quarterly ministry in Minneapolis and a new ministry about to begin weekly in Austin and monthly in Wimberley, TX.

Our first music CD project "ONE HEART: Music for an Awakening World" is now complete and available. And now, we have a great opportunity to have our own 6,000 sq. ft. space for \$3,000/month to create the **DALLAS MEDITATION CENTER** (*plus Wellness Education & Life Enrichment*) in Richardson, TX.

I envision the small and large meditation halls being used for –

Sundays (am): [small church rental]
(pm) AWAKENING HEART - Serenity Sundays
Mondays: Yoga, etc.
Zen Meditation
Tuesdays: Yoga, etc.
Tibetan Meditation
Wednesdays: Yoga, etc.
Christian Meditation
Thursdays: Yoga, etc.
MBSR - Vipassana Meditation
Fridays: Yoga, etc.
[workshop rentals]
Saturdays: Meditation Retreats
[special event rentals]

And in the rest of the building which has several offices and a large kitchen/dining room (and 2 restrooms plus a shower bathtub), I envision sub-leasing spaces to mindful healers, such as: massage therapists,

psychotherapists, chiropractors, herbalists, naturopaths, acupuncturists, music/art/drama therapists, fitness counselors, vegetarian caterers, etc. There is also a Piano Room in the back which can be rented out for musicians' rehearsals or turned into a Recording Studio (or a place to teach music lessons to children, teens or adults). I also envision a small gift shop, bookstore, indoor Zen Garden, lending library, tea lounge, children's room, storage space, receptionist office and my own office for an Assistant (finally!).

Our first 6 months will be rent-free, enough to really get started in a strong and successful way. After that, rent will start at \$1,000 until we are able to pay \$3,000/month. I am confident that we will be able to pay both our rent and utilities, and also generate an overflow of abundance, by January 2011.

Here is a possible timeline –

April: - Tear down a couple of walls & refinish
- Lay down bamboo flooring in meditation hall
- Furnish & decorate
May: - Signage & advertisement
- GRAND OPENING on Buddha's Birthday
June: - Create gift shop, bookstore, tea lounge
July: - Fill all offices with mindful tenants
Aug: - Full schedule for the meditation rooms
Sept: * FULLY OPERATIONAL CENTER ☺
Oct: - Begin paying rent . . .
Jan'11: * FULLY SUCCESSFUL CENTER !!!

So now, what we need to turn this beautiful possibility into a reality is YOUR support, both spiritually and financially. We only need about \$9,000 in the next three months to renovate, decorate and furnish the building to get the Center started. Here is one possible plan to raise the necessary funds –

- 1) Find 30 persons/organizations/churches to each buy 10 music CDs (\$100) = \$3K
- 2) Find 10 persons to donate \$300 each (who will receive over \$300 worth of gift certificates in wellness care, retreats, counseling, etc..) = \$3K
- 3) Find 3 persons to lend us \$1,000 each without interest (to be paid back in 9 months) = \$3K

My dear sisters and brothers, let us commit ourselves deeply to the Path of Enlightenment and to co-creating this **DALLAS MEDITATION CENTER** as a beautiful refuge for many, many beings. Thank you! ☺

Namo AMITABHA Buddhaya

(I bow to the INFINITE LIGHT of Awakening),

Brother ChiSing, M.Div., M.A.

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