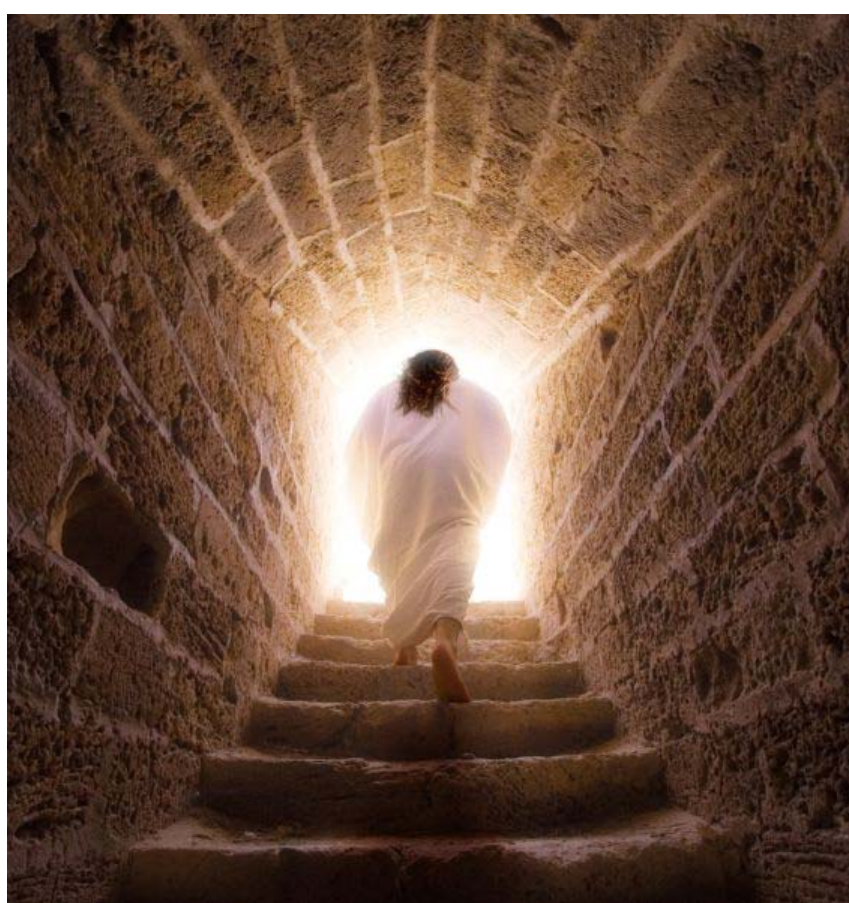


ENLIGHTENMENT & RESURRECTION: The Wisdom of Jesus and Buddha for Today

A Morning of Mindfulness with Brother ChiSing

Easter SATURDAY, April 3, 2010
(9:00 AM - 12:30 PM)



In this rejuvenating retreat, Brother ChiSing will facilitate us through an experiential process of the Essential Spirituality that originates from the Universal Source of both the Wisdom of the Buddha and the Compassion of Jesus.

Through gentle, beginner-friendly guided and silent meditations of various modalities (*sitting, walking, resting, writing, movement, chanting, etc.*), as well as through deep insightful teachings and community-building practices, we will calm our bodies, purify our minds, open our hearts, and awaken our spirits to the ONE SPIRIT that is our True Self (*called "Christ Consciousness" or "Buddha Nature"*).

The silent Sabbath stillness and simplicity of Holy Saturday is usually completely ignored in favor of the more dramatic crucifixion story of Good Friday and the miraculous resurrection celebration of Easter Sunday. And yet, Jesus' "Secret" of Transformation lies precisely in that Sabbath space of "Simplicity, Stillness and Silence" as symbolized by the "womb of the tomb" of Holy Saturday. The Buddha taught how to access this space of "Nirvana" through mindfulness, meditation and Enlightenment. It is a Reality within every person.

"We do not have to die to arrive at the gates of Heaven. In fact, we have to be truly alive. The practice is to touch life deeply so that the Kingdom of God becomes a reality. This is not a matter of devotion. It is a matter of practice. The Kingdom of God is available here and now." ~ TNH

Brother ChiSing, M.Div., M.A., is the founder of "Awakening Heart" in Dallas and "One Dharma" in Austin. He is an ordained disciple of THICH NHAT HANH and is one of the most popular meditation facilitators in North Texas, with over 100 students in 4+ locations. Find out more at: www.AWAKENINGHEART.org

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* Love Offering (**suggested donation: \$30-\$50**)
[plus optional \$20 for Book & CD]



Please register online by April 2 at:

www.AWAKENINGHEART.org