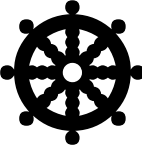
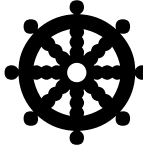
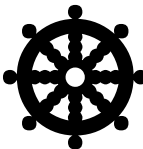
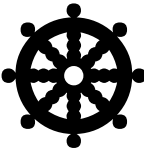
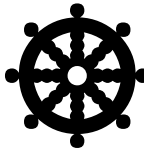
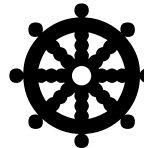
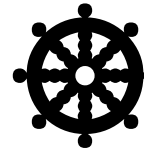
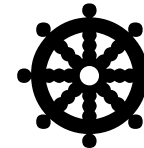
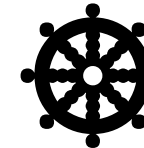
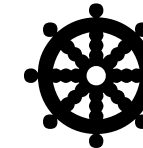



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: <b>Brother ChiSing</b></p> <p>Office Assistant: <b>Bobbie Perkins</b></p> <p>Webmaster, etc.: <b>Cornell Kinderknecht</b></p>	<p>AH &amp; DMC aspire to be:</p> <p><b>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</b></p>	<p>DMC Office Hours: <b>Mondays - Thursdays 11:00 am - 4:00 pm</b></p>	<p><i>* Register NOW for the Mississippi Retreat with THICH NHAT HANH on Sept. 28 - Oct. 2. We will be renting a charter bus to go. *</i></p>			
						
<p>11</p> <p>10:30a Christ. Meditation 11a Universal Church</p> <p><b>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing</b></p> <p><i>*(7p Planning Meeting)</i></p>	<p>12</p> <p>10-11:15a YOGA - Andy*</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p>1:00p After-meditation Community LUNCH -new!</p> <p><b>7:00p iZEN Meditation - Brother ChiSing</b></p>	<p>13</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p>2-3:15p Vajra Yoga- Tashi</p> <p><b>6:00-6:45p EVENING Silent Meditation</b></p> <p><b>7:00p Class 2: GUIDED MEDITATIONS - ChiSing</b></p>	<p>14</p> <p><b>6:30-7:15a MORNING Silent Meditation - new!</b> 11:00a LAUGHTER Yoga - Mandie Navarro - new! <b>12:00-12:45p NOON Silent Meditation</b> 3:15-4:30p YOGA - Andy* <b>6:00-6:45p EVENING Silent Meditation</b></p>	<p>15</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p><b>6:00-6:45p EVENING Silent Meditation</b></p> <p>7:00-8:15p YOGA - Andy* 7-9p REIKI Healing-Dawn</p>	<p>16</p> <p><b>12:00-12:45p NOON Silent Meditation - new!</b></p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>17</p> <p><b>2:00-4:00p Monthly Beginners YOGA Workshop - Andy McD.*</b></p>
<p>18</p> <p><b>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Dr. Ruben Habito (Zen)</b></p>	<p>19</p> <p>10-11:15a YOGA - Andy*</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p>1:00p After-meditation Community LUNCH -new!</p> <p><b>7:00p iZEN Meditation - Brother ChiSing</b></p>	<p>20</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p>2-3:15p Vajra Yoga- Tashi</p> <p><b>6:00-6:45p EVENING Silent Meditation</b></p> <p><b>7:00p Class 3: GUIDED MEDITATIONS - ChiSing</b></p>	<p>(PEACE Day) 21</p> <p><b>6:30-7:15a PEACE Meditation (morning)</b> 11:00a PEACE Laughter <b>12:00-12:45p PEACE Meditation (noon)</b> 3:15-4:30p PEACE Yoga* <b>6:00-6:45p PEACE Meditation (evening)</b></p>	<p>22</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p><b>6:00-6:45p EVENING Silent Meditation</b></p> <p>7:00-8:15p YOGA - Andy* 7-9p REIKI Healing-Dawn</p>	<p>(AUTUMN Equinox) 23</p> <p><b>12:00-12:45p NOON Silent Meditation - new!</b></p> <p><b>* 7:30p Interfaith AUTUMN EQUINOX "Celebration of Light" - ChiSing &amp; many others</b></p>	<p>24</p> <p><b>* 9:00a-12:30p Monthly "Integral ZEN" Retreat - Brother ChiSing</b></p> <p><b>* 2:00-6:00p Monthly BEGINNERS Meditation Workshop - ChiSing</b></p>
<p>25</p> <p>1:30-2:45p Yoga &amp; Live Music - Lynn &amp; Cornell</p> <p><b>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing</b></p> <p><i>*(7p Vegetarian Potluck)</i></p>	<p>26</p> <p>10-11:15a YOGA - Andy*</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p>1:00p After-meditation Community LUNCH -new!</p> <p><b>7:00p iZEN Meditation - Brother ChiSing</b></p>	<p>27</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p>2-3:15p Vajra Yoga- Tashi</p> <p><b>6:00-6:45p EVENING Silent Meditation</b></p> <p><b>7:00p Class 4: GUIDED MEDITATIONS - ChiSing</b></p>	<p>28</p> <p><b>6:30-7:15a MORNING Silent Meditation - new!</b> 11:00a LAUGHTER Yoga - Mandie Navarro - new! <b>12:00-12:45p NOON Silent Meditation</b> 3:15-4:30p YOGA - Andy* <b>6:00-6:45p EVENING Silent Meditation</b></p>	<p>29</p> <p><b>12:00-12:45p NOON Silent Meditation</b></p> <p><b>6:00-6:45p EVENING Silent Meditation</b></p> <p>7:00-8:15p YOGA - Andy* 7-9p REIKI Healing-Dawn</p>	<p>30</p> <p><b>12:00-12:45p NOON Silent Meditation - new!</b></p> <p>7:00p "CREATIVITY Workshop" - Cornell Kinderknecht &amp; Robin Hackett</p>	

# AWAKENING HEART

**\* September 2011\***

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

☺ **“AWAKENING HEART” (Community of Mindful Living)** – Facilitated by Brother ChiSing and our core team, this Interfaith Mindfulness Community is our largest main meditation gathering of the week (50-70 persons) with music, kirtan chanting, walking and sitting meditation, inspiring messages, and community sharing (*open to all levels of meditation experience, both beginners and advanced*). Monthly Potluck Dinner. Childcare every Sunday. ☺

<b>September 18</b> – Ruben Habito (Zen Master):	<b>“The Zen of Wisdom and Compassion in Action”</b>
<b>September 25</b> – Brother ChiSing speaking:	<b>“The Secret of Mastering Manifestation Mindfully”</b>
<b>October 2</b> – Andy McDonald speaking:	<b>“The Yoga of Self-Care &amp; Body-Mind Integration”</b>
<b>October 9</b> – Andrew Harvey speaking:	<b>“Interfaith Mysticism &amp; Sacred Activism”</b>
<b>October 23</b> – Brother ChiSing speaking:	<b>“The Real Meaning of 11:11, 2012 and the Great Shift”</b>
<b>November 13</b> – Gaelyn Godwin (Zen Master):	<b>“Soto Zen &amp; the Oneness of Practice and Realization”</b>

## **MONDAYS (7:00-9:00 pm)**

**“iZEN” (Integral AMITA ZEN Meditation)** – Facilitated by Brother ChiSing, this new Interfaith Buddhist meditation & study circle (8+ persons) is open to those who have been meditating regularly at AH / DMC for at least 3 months:

- 7:00 Buddhist Ceremony: Incense Offering, Chanting, Prostrations
- 7:15 Silent Sitting Meditation (25 min.) – optional Resting Meditation
- 7:40 Silent Walking Meditation (10 min.)
- 7:50 Silent Sitting Meditation (25 min.)
- 8:15 “ONE DHARMA” Teachings (required textbook: “Old Path, White Clouds” - Thich Nhat Hanh)
- 8:45 Sangha Sharing, Discussion, Q & A . . . NAMO AMITABHA!

## **TUESDAYS (7:00-9:00 pm)**

**GUIDED MEDITATIONS Class** – Facilitated by Brother ChiSing, this new Guided Meditations class (12+ persons) is the perfect class for beginners (*and also for more advanced practitioners who want to supplement their silent practice with guided meditations*). Each month we will have a theme. September’s theme is: “THICH NHAT HANH”

- 7:00 Introductions & Guided Resting Meditation (30 min.)
- 7:40 Guided Walking Meditation (10 min.)
- 7:50 Guided Sitting Meditation (20 min.)
- 8:10 Mindful Movement
- 8:15 Spiritual Teachings (recommended textbook: “Happiness” - Thich Nhat Hanh)
- 8:45 Q & A, Discussion, Sharing



## **WEEKDAY SILENT MEDITATIONS**

Facilitated by Brother ChiSing, staff teachers and trained members  
(10 minutes of Silent Walking Meditation + 25 minutes of Silent Sitting Meditation + 5 minutes of Reflections)

1 MORNING Silent Meditation:	<b>6:30-7:15 am</b>	WEDNESDAY
5 NOON Silent Meditations:	<b>12:00-12:45 pm</b>	MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY
3 EVENING Silent Meditations:	<b>6:00-6:45 pm</b>	TUESDAY • WEDNESDAY • THURSDAY

## **WEEKEND SPECIAL EVENTS**

- \* **Monthly Beginners YOGA Workshop** (Andy McDonald): Saturday, September 17, 2:00 - 4:00 pm
- \* **Interfaith AUTUMN EQUINOX “Celebration of Light”** (Brother ChiSing & friends): Friday, September 23, 7:30 pm
- \* **Monthly “Integral ZEN” Retreat** (Brother ChiSing): Saturday, September 24, 9:00 am - 12:30 pm
- \* **Monthly BEGINNERS Meditation Workshop** (Brother ChiSing): Saturday, September 24, 2:00 - 6:00 pm

\*\*\* Please register NOW for the Mississippi Retreat with THICH NHAT HANH on Sept. 28 - Oct. 2. \*\*\*

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