

ONE DHARMA

A UNIFIED Buddhist Approach to Spiritual Practice
That Includes BOTH:

Mind *AND* Heart
Spirit *AND* Body
Silence *AND* Expression
Stillness *AND* Movement
Masculine *AND* Feminine
Discipline *AND* Devotion
Tradition *AND* Innovation
Simplicity *AND* Creativity



SUNDAY, SEPTEMBER 19, 2010
12:00 - 4:00 PM

“Clouds In Water” Zen Center
308 Prince St., Ste. 120
St. Paul, MN 55101

\$30-\$50 suggested donation

** This retreat is for those who already have some experience in meditation. Those new to meditation may attend the retreats on Friday or Saturday in Minneapolis. More info at:
www.AwakeningHeart.org*

In this afternoon mini-retreat on “*The JOY of Mindful Living*,” **Brother ChiSing** will facilitate a rejuvenating process of calming the body, purifying the mind, opening the heart and freeing the spirit through various modalities of meditation, both guided and silent, in stillness and in motion. If you feel your practice has been dry or stale, come and experience the **INFINITE LIGHT of LOVE and LIFE** that will renew your practice today. *Plus music, chanting & community-building.*

Inspired by the “Unified Buddhist” teachings of the Venerable **Thich Nhat Hanh**, the new “**One Dharma**” tradition synthesizes the essential insights of the **Theravada** and **Mahayana** schools of **Zen**, **Pure Land** and **Esoteric Buddhism**, along with the **Yoga** and **Qigong** paths, in a fresh, relevant and contemporary way that is both deep and accessible for all.

***Brother ChiSing**, M.Div., M.A., is an ordained disciple of **Thich Nhat Hanh**, a former community college professor of World Religions, singer/songwriter, founder of “**Awakening Heart**” Ministries and the Spiritual Director of the new **Dallas Meditation Center**. He is one of the most popular meditation facilitators in North Texas, with over 100 students in about five or six sanghas. And he travels to **Minnesota** every other month to lead retreats.*

www.AWAKENINGHEART.org