

DALLAS MEDITATION CENTER

JUNE 2017 – “THE MIDDLE WAY”

NEW LOCATION: 810 W. Arapaho Rd, Suite 98, Richardson, Texas 75080

SUNDAYS 5:00-7:00 PM

Awakening Heart (*Community of Mindful Living*)
Interfaith Buddhist Spirituality (*Thich Nhat Hanh*)
Zen, Mindfulness, Holistic Meditation (*Brother ChiSing*)

June 4: “What is the Middle Way”
Speaker: Bobbie Perkins

June 11: “Right View – Key to the Middle Way”
Speaker: Aaron Conner

June 18: “Thich Nhat Hanh: A Living Example of the Middle Way”
Speaker: Jessica Hitch

June 25: “Walking the Middle Way”
Speaker: Ruben Habito, *Maria Kanon Zen Center, SMU Perkins School of Theology*



Mondays

12:00p **ZEN-To-Go** (silent meditation)
6:00p TAI CHI – *Janna Whitton*
7:30p **MINDFUL Mondays** – *Cornell Kinderknecht*

Tuesdays

12:00p **ZEN-To-Go** (silent meditation)
7:00p **YES (Young Enlightened Souls)**
Meditation Community – *Young Adults (20's & 30's)*

Wednesdays

9:15a TAI CHI – *Janna Whitton*
10:45a QIGONG – *Janna Whitton*
12:00p **ZEN-To-Go** (silent meditation)
7:30p **INTERBEING Sangha** – *Bobbie Perkins*
(Five Mindfulness Trainings on First Wed. – June 7)

Thursdays

12:00p **ZEN-To-Go** (silent meditation)

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop**
Next scheduled: June 10, July 8

LET GO

The silent meals in mindfulness
Chew, taste, swallow
How Noble!
Breathing in, breathing out,
Bowling
Feeling the night wind
Eyes observing
A crescent moon, a wash of stars!
Indra's shimmering net manifest
Reflecting in the temple pool,
After lights out.
Present moment, wonderful moment
On granite slab I slip off to sleep,
Peace
The “I” slips away, softly
Into a greater knowing:
And Indra whispers,
Let go, let go, let go.

~ Rich McNeill

written at 2017 Plum Blossom Retreat

*06/10/17 – 2:00-5:30pm – **Beginners Meditation Workshop at Dallas Meditation Center**

*06/17/17 – 2:00-3:30pm – Learning to Think and Live without Fear – Dr. Paula Joyce @ CSLDallas

06/17/17 – 7:00-8:30pm – **Music Meditation & Healing Concert – Cornell Kinderknecht & Martin McCall**

*06/24/17 – 9:30am-12:00noon – **Yoga & Meditation Workshop – Andy McDonald**

06/24/17 – 7:00pm – Dallas Meditation Center Drum Circle – Dorayne Breedlove

*07/01/17 – 1:00-5:00pm – **Afternoon of Mindfulness Retreat at Dallas Meditation Center**

* = Register Online

WWW.DALLASMEDITATIONCENTER.COM



Saturday, June 10, 2017
2:00-5:30 p.m.
Beginner's Meditation Workshop

A workshop open to all to experience the peace and joy of mindfulness and

meditation. This workshop is great for those just starting meditation, those who've been meditating and want some guidance, and those who just want a refresher.

Facilitated by **Bobbie Perkins**.

Fee: \$60 single / \$100 double

Online registration required (*space limited to 16 persons*)

Saturday, June 17, 2017
7:00-8:30 p.m.
Music Meditation & Healing Concert

Come be energized and relaxed, joining our hearts in music and sound. Immerse yourself and find bliss in the soundscapes, rhythms and melodies. Cornell Kinderknecht, world flutes and Martin McCall, drums and percussion.

Suggested donation: \$15-25 / person



Saturday, June 24, 2017
9:30am-12:00noon
Yoga & Meditation Retreat

A retreat that brings together the mindful movement and breath awareness of yoga with the heart-opening,

centering practice of meditation. This retreat will include yoga postures, walking meditation, seated meditation, and reclining guided relaxation. *Bring yoga mat if you have one.*

Facilitated by **Andy McDonald**.

Fee: \$40 (*online registration requested*)



Sunday, June 25, 2017
5:00-7:00 p.m.
Awakening Heart (Community of Mindful Living)
Special Guest Speaker

Dr. Ruben Habito, Zen Master, Founder of Maria Kanon Zen Center, Professor of World

Religions and Director of Spiritual Formation at SMU Perkins School of Theology will speak about "Walking the Middle Way" at our weekly Meditation & More gathering.

All are welcome!

Suggested donation: \$10-25 / person

Saturday, July 1, 2017
1:00-5:00 p.m.

Afternoon of Mindfulness MEDITATION RETREAT
"The Insight of Interbeing"



Treat yourself to a heart-opening afternoon of peace, joy, wisdom, and community through Sitting Meditation, Walking Meditation, Resting Meditation, Teachings, Sharing circles, Mindful Movement, Music and more.

Donation: \$20-50 suggested offering (*online registration requested*)

This retreat is open to persons 18+ years old who are experienced meditators and have been practicing at Awakening Heart / Dallas Meditation Center or with similar sanghas or centers. If you are new to meditation, please come to one of Dallas Meditation Center's beginner meditation workshops.



DANA FOR YOUR COMMUNITY

Any gift, substantial or small, is appreciated and helps our organization provide mindfulness and wellness education to the North Texas communities and beyond.


You may make your donations either today, at any Dallas Meditation Center event, or online at www.DallasMeditationCenter.com. Your gifts are eligible as charitable deductions for tax purposes.

Most of our gatherings are held at Dallas Meditation Center, 810 West Arapaho Road, Suite 98, Richardson, TX 75080.
Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: info@DallasMeditationCenter.com

WWW.AWAKENINGHEART.ORG

DALLAS MEDITATION CENTER (One Dharma)

June 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
The Middle Way	DMC Office Hours: Mondays – Thursdays 11:00 am - 4:00 pm 810 W. Arapaho Rd., Ste 98, Richardson, TX 75080. (972) 432-7871 DallasMeditationCenter.com			1	2	3
	* Resigtration Required			12-12:45p ZEN-to-Go		
4	5	6	7	8	9 Full Moon	10
5:00-7:00p AWAKENING HEART Meditation service - "The Middle Way" Bobbie Perkins	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9:30 Mindful Mondays Meditation - Cornell	12-12:45p ZEN-to-Go 7-9p Wake up Dallas YES (20's & 30's) Meditation	9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha First Wed. -5 Mindfulness Trainings - - Bobbie Perkins	12-12:45p ZEN-to-Go		*2-5:30p BEGINNERS Meditation workshop - Bobbie Perkins
11	12	13	14	15	16	17
5:00-7:00p AWAKENING HEART Meditation service - "Right View: Key to the Middle Way" Aaron Conner	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9:30 Mindful Mondays Meditation - Cornell	12-12:45p ZEN-to-Go 3:00-4:30p - TRY-IT yoga itegrative therapies - Tzivia 7-9p Wake up Dallas YES (20's & 30's) Meditation	9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha	12-12:45p ZEN-to-Go		7-9pm Music Meditation & Concert - Cornell & Martin
18 Summer Solstice Father's Day	19	20	21 June Solstice	22	23 New Moon	24
5:00-7:00p AWAKENING HEART Meditation service - "Thich Nhat Hanh: A Living Example" Jessica Hitch	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9:30 Mindful Mondays Meditation - Cornell	12-12:45p ZEN-to-Go 3:00-4:30p - TRY-IT yoga itegrative therapies - Tzivia 7-9p Wake up Dallas YES (20's & 30's) Meditation	9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha	12-12:45p ZEN-to-Go		*9:30a-12n Yoga/Meditation Retreat - Andy McDonald 7-9p DRUM Circle - Dorayne
25	26	27	28	29	30	1
5:00-7:00p AWAKENING HEART Meditation service - "Walking the Middle Way" Ruben Habito	12-12:45p ZEN-to-Go 6-7p TAI CHI - Janna 7:30-9:30 Mindful Mondays Meditation - Cornell	12-12:45p ZEN-to-Go 3:00-4:30p - TRY-IT yoga itegrative therapies - Tzivia 7-9p Wake up Dallas YES (20's & 30's) Meditation	9:15-10:15a TAI CHI - Janna 10:45-11:45a QiGong - Janna 12-12:45p ZEN-to-Go 7:30-9p INTERBEING Sangha	12-12:45p ZEN-to-Go		1-5:00p Afternoon of Mindfulness Retreat "Insight to Interbeing"