

AWAKENING HEART

The JOY of Mindful Living . . . with Brother ChiSing

Thursday & Sunday: March 25 & 28, 2010

Minneapolis & St. Paul, Minnesota

MEDITATION, MUSIC & MORE

Thursday, March 25, 7:00 pm

THE MEDITATION CENTER
631 University Ave NE
Minneapolis, MN 55413

“Turn Your Karma into Dharma”

An Evening of Meditation, Music, Movement, and
a Message on Metamorphosing Madness to Meaning
with Brother ChiSing & friends

612-379-2386
www.TheMeditationCenter.org

Sunday, March 28, 1:00-4:00 pm

“CLOUDS IN WATER” ZEN CENTER
308 Prince Street, Suite 120
St. Paul, MN 55101

**AFTERNOON MINI-RETREAT:
“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.

651-222-6968
www.CloudsInWater.org



* Brother ChiSing is
available on **Saturday,**
March 27, for individual
SPIRITUAL DIRECTION.

Contact: ChiSing@AOL.com

Sunday, March 28, 9:00 am

“CLOUDS IN WATER” ZEN CENTER
308 Prince Street, Suite 120
St. Paul, MN 55101

“Many Buddhas, One Heart”

After meditation, Bro. ChiSing will give a Dharma Talk on
“Bodhichitta” (Enlightened Mind/Compassionate Heart)
as expressed in the Theravada, Tibetan, Pure Land and
Zen traditions of Buddhism. Plus music & chanting.

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www.CloudsInWater.org

Sunday, March 28, 7:00 pm

BLOOMING HEART SANGHA
Heartwood Mindfulness Practice Center
3706 East 34th Street
Minneapolis, MN 55406

“The Pure Land, Here and Now”

612-724-8168
www.BloomingHeart.org

“SEASON FOR ENLIGHTENMENT”

Easter Sunday to Buddha’s Birthday

54 DAYS OF AWAKENING

April 4 - May 27

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.
Shambhala (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. Amitabha! ☺

BROTHER CHISING

P.O. Box 863961

Plano, TX 75086

www.AWAKENINGHEART.org