

**7-Week “Zen Practice Period”
The Seven Spiritual Laws of Success
(from Autumn Midpoint to Winter Solstice 2010)**

Sunday, **October 31** (*Halloween Celebration*):
(1) THE ZEN OF PURE POTENTIALITY

Sunday, **November 7**:
(2) The Zen of Giving

Sunday, **November 14**:
(3) THE ZEN OF KARMA

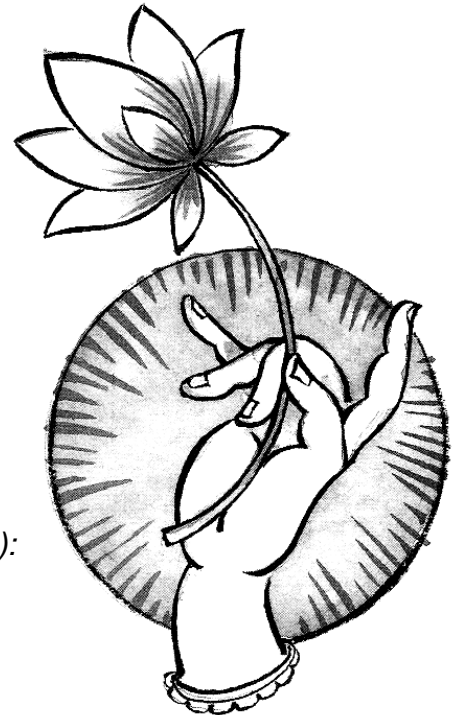
Sunday, **November 21** (*Thanksgiving Celebration*):
(4) THE ZEN OF LEAST EFFORT

(*Sunday, November 28:*
special guest speaker)

Sunday, **December 5** (*Interfaith Buddhist Celebration*):
(5) THE ZEN OF INTENTION & DESIRE

Sunday, **December 12**:
(6) THE ZEN OF DETACHMENT

Sunday, **December 19** (*Winter Solstice Celebration*):
(7) THE ZEN OF DHARMA



Facilitated by Brother ChiSing

**Awakening Heart (Community of Mindful Living)
Every Sunday 5:00-7:00 pm**

**DALLAS MEDITATION CENTER
727 S. FLOYD RD.
RICHARDSON, TX 75080
972-432-7871**

www.AwakeningHeart.org

DECEMBER 2010 CALENDAR



DALLAS MEDITATION CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						9:00a-12:30p "AMITABHA" (Infinite Light) Retreat w/ ChiSing 12-11-10
10:30a-12:30p Deeper Meditation w/ Brother ChiSing 12-19-10	10:00a YOGA w/ Andy	10:00a QIGONG w/ Michael	10:00a YOGA w/ Andy			10:00a QIGONG w/ Michael
	11:30a Noon MEDITATION w/ Brother ChiSing <i>(walk/ sit/ share)</i>	11:30a Noon MEDITATION w/ ChiSing & Laura <i>(walk/ sit/ share)</i>	11:30a Noon MEDITATION w/ Laura Morgan <i>(walk/ sit/ share)</i>			
	12:30p Vegetarian LUNCH w/ Brother ChiSing <i>(free)</i>					2:00-5:30p "Beginners Meditation Class" w/ Brother ChiSing 12-11-10
4:00p Mindful Yoga w/ Susan Rainey			6:00p Silent MEDITATION <i>(come & go)</i>			
5:00-7:00p "Awakening Heart" Meditation & More w/ Brother ChiSing <i>(childcare available)</i>	7:30-8:45p "Underearners Anonymous" Fellowship Meeting w/ Julie Ryan	7:00-9:00p "Introductory Qigong Workshop" w/ Michael Raphael 12-7-10	7:00-8:30p "Grace" Christian Meditation w/ Shelly Niebuhr			7:00p Kirtan Chanting w/ Rudra Das: 12-18-10
5:00p WINTER HOLIDAY CELEBRATION! 12-19-10 <i>(dinner @ 7:00p)</i>		7:00-9:00p WINTER SOLSTICE SPECIAL EVENT w/ChiSing & others 12-21-10				8:00p Kirtan Chanting w/ Sadhu Nada 12-11-10