

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OM NAMO AMITABHA BUDDHAYA	Infinite Light	1 6:30-7:15a Meditation * 10:30-11:45a QIGONG 12:00-12:45p Meditation 2-3:15p TIBETAN Yoga 7p GUIDED Meditations Class - Brother ChiSing	2 10:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	3 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy*	4 12:00-12:45p Meditation 7:00p First Fridays: DRUM CIRCLE - Dorayne	5 9a-12p Chakras YOGA & MEDITATION Retreat - Andy McD. & Br ChiSing 7:30p Healing Sounds "Gong Meditation" Concert - Jodi Roberts & Kenny K.
6 * 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing * (7p Planning Meeting)	7 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - ChiSing	8 6:30-7:15a Meditation * 10:30-11:45a QIGONG 12:00-12:45p Meditation 2-3:15p TIBETAN Yoga 7p GUIDED Meditations Class - Brother ChiSing	9 10:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	10 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy*	* 11-11-11 * 11:11a "11th Step" MEDITATION - open to all 7:11-9:11p "11-11-11: CELEBRATION of ONENESS" - ChiSing etc 11:11p "11th Step" MEDITATION - open to all	12 4:00-6:00p Monthly Beginners YOGA Workshop - Andy McD.*
13 10:30a Christ. Meditation 11:00a Universal Church * 5-7p AWAKENING HEART (this is our large main Meditation service) - Zen Master GAELYN GODWIN (from Houston)	14 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - ChiSing	15 6:30-7:15a Meditation * [NO Qigong today] 12:00-12:45p Meditation 2-3:15p TIBETAN Yoga 7p GUIDED Meditations Class - Brother ChiSing	16 10:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	17 [NO Qigong today] 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy* 7:30p "The Cause & Cure of Disease" - David Shapley	18 12:00-12:45p Meditation 7:30p Intro to KRIYA Yoga Meditation - Nayaswami Devarshi	19 * 9:00a-12:30p Monthly MINDFULNESS Retreat - Brother ChiSing * 2:00-6:00p Monthly BEGINNERS Meditation Workshop - ChiSing 7:30p CHANNELING - "Jacob" (Bobbie Perkins)
20 3p Meditación en español * 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing * (7p Pre-THANKSGIVING Vegetarian Potluck Dinner)	21 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - ChiSing	22 10:30-11:45a QIGONG 12:00-12:45p Meditation 2-3:15p TIBETAN Yoga 7p GUIDED Meditations Class - (substitute)	23 10:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	24 (Thanksgiving) CLOSED for THANKSGIVING [No Yoga, Qigong or Meditation Today – Please Practice at Home]	25 12:00-12:45p Meditation 7:30p Post-Thanksgiving Guided Music Meditation - Cornell Kinderknecht	26 * 1:00-5:00p Beginners QIGONG Workshop - Michael Upchurch *
27 * 5-7p AWAKENING HEART (this is our large main Meditation service) - Shelley Niebuhr	28 10-11:15a YOGA - Andy* 10:30a-12p ZEN - MKZC 12:00-12:45p Meditation 1:00p After-meditation Community LUNCH * 7p Advanced BUDDHIST Meditations - (sub.)	29 10:30-11:45a QIGONG 12:00-12:45p Meditation 2-3:15p TIBETAN Yoga 7p GUIDED Meditations Class - (substitute)	30 10:00a LAUGHTER Yoga 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	Director: Brother ChiSing Assistant: Bobbie Perkins Communications: Cornell Kinderknecht	AH & DMC aspire to be: INTERFAITH INCLUSIVE INTEGRAL INSPIRED	DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm

AWAKENING HEART

November 2011

*** Mark your calendars for the "11-11-11: CELEBRATION OF ONENESS" on Fri., Nov. 11, 7:11-9:11 pm ***
 *** PLUS the special "11th Step" MEDITATION (open to all) at 11:11 am & 11:11 pm on 11-11-11 ***

Every SUNDAY (5:00-7:00 pm) - inspired by THICH NHAT HANH

☺ "AWAKENING HEART" (Community of Mindful Living) – Facilitated by Brother ChiSing and members, 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. ☺

- * November 13 – Gaelyn Godwin (Zen Master): "NOT ALWAYS SO: Practicing the True Spirit of ZEN" *
- November 20 – Brother ChiSing speaking: "The SHORTCUT to Peace, Happiness & Enlightenment"
- November 27 – Shelley Niebuhr speaking: "The HEART of GRATITUDE Is Love, Joy & Peace"
- December 4 – Brother ChiSing speaking: "The BUDDHIST Teachings of JESUS"
- December 11 – Tashi Nyima (Monk): "TIBETAN Buddhist Wisdom for Spiritual EMPOWERMENT"
- December 18 – Brother ChiSing speaking: "Winter SOLSTICE Celebration of LIGHT"

Every MONDAY (7:00-9:00 pm) - \$10 suggested donation

Advanced BUDDHIST Meditations – Facilitated by Brother ChiSing, this advanced Buddhist meditation circle (8+ persons) is open to those who have been meditating regularly at AH / DMC for at least 3 months. We practice an Integral "One Dharma" approach to spirituality. Deepen your life through mindful silence & sharing. AMITABHA!

- 7:00 Introductions & Opening Ritual
- 7:15 Silent Sitting Meditation (25 min.) * must be able to sit in complete stillness, breathing silently
- 7:40 Silent Walking Meditation (10 min.)
- 7:50 Silent Sitting Meditation (25 min.)
- 8:15 Spiritual Teachings (recommended book: "Old Path, White Clouds" - Thich Nhat Hanh)
- 8:45 Q & A, Discussion, Sharing

Every TUESDAY (7:00-9:00 pm) - \$20 suggested donation

GUIDED MEDITATIONS Class – Facilitated by Brother ChiSing, this 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 new theme. November's theme is: "AMITABHA (Infinite Light)"

- 7:00 Introductions
- 7:15 Guided Resting Meditation (25 min.)
- 7:40 Guided Walking Meditation (10 min.)
- 7:50 Guided Sitting Meditation (25 min.)
- 8:15 Spiritual Teachings (recommended book: "Happiness" - Thich Nhat Hanh)
- 8:45 Q & A, Discussion, Sharing



WEEKDAY MEDITATIONS (Mondays - Fridays) - \$5 suggested donation

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 Meditation: 6:30-7:15 am TUESDAYS
- 5 NOON Meditations: 12:00-12:45 pm MONDAY • TUESDAY • WEDNESDAY • THURSDAY • FRIDAY
- 1 EVENING Meditation: 6:00-6:45 pm THURSDAYS

SATURDAY RETREATS & WORKSHOPS - please register online or get more info at our website

- * Monthly Beginners YOGA Workshop (Andy McDonald): Saturday, November 12, 4:00 - 6:00 pm
- * Monthly "MINDFULNESS" Morning Retreat (Brother ChiSing): Saturday, November 19, 9:00 am - 12:30 pm
- * Monthly BEGINNERS Meditation Workshop (Brother ChiSing): Saturday, November 19, 2:00 - 6:00 pm
- * Special Beginners QIGONG Workshop (Michael Upchurch): Saturday, November 26, 1:00 - 5:00pm