# * DECEMBER 2011 - *revised*

## *Awakening Heart* DALLAS MEDITATION CENTER

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| *Director:*<br>***Brother ChiSing***<br>*Assistant:*<br>***Bobbie Perkins***<br>*Communications:*<br>***Cornell Kinderknecht*** | *AH & DMC aspire to be:*<br>***INTERFAITH***<br>***INCLUSIVE***<br>***INTEGRAL***<br>***INSPIRED*** | *DMC Office Hours:*<br>***Mondays - Thursdays***<br>***11:00 am - 4:00 pm*** | | 1<br>*10:30-11:45a QIGONG*<br>**12:00-12:45p Meditation**<br>**6:00-6:45p Meditation ***<br>*7:00-8:15p YOGA - Andy** | 2<br>7:00p First Fridays: DRUM CIRCLE - Dorayne | 3<br>10:00a-2:00p Mala Class (make meditation beads) - Donna Bettin & Bobbie Perkins<br>7p "Healing Sound" Gong Meditation - Kenny Kolter |
| 4<br>2:00p Yoga & Live Music - Lynne C. & Robin H.<br>***3p Meditación (español)***<br>*** 5-7p AWAKENING HEART** *(this is our large main Meditation service)* **- Brother ChiSing**<br>7p Health - David Shapley | 5<br>*10-11:15a YOGA - Andy**<br>10:30a-12p ZEN - MKZC<br>**12:00-12:45p Meditation**<br>1:00p After-meditation Community LUNCH *<br>**7p BODHISATTVA Meditations - ChiSing** | 6<br>**12:00-12:45p Meditation**<br>*2-3:15p VAJRA Yoga*<br>*5:30-6:45p QIGONG*<br>**7p GUIDED Meditations Class - Brother ChiSing** | 7<br>**12:00-12:45p Meditation**<br>*3:15-4:30p YOGA - Andy**<br>[No ZEN this evening] | 8<br>*10:30-11:45a QIGONG*<br>**12:00-12:45p Meditation**<br>**6:00-6:45p Meditation ***<br>*7:00-8:15p YOGA - Andy** | 9 | 10<br>10:00a-2:30p "Writing through Grief" healing workshop - Linda Jones |
| 11<br>10:30a Christ. Meditation<br>11:00a Universal Church<br>***3p Meditación (español)***<br>*** 5-7p AWAKENING HEART** *(this is our large main Meditation service)* **- Ven. Tashi** *(Tibet monk)*<br>** (7p Community Meeting)* | 12<br>*10-11:15a YOGA - Andy**<br>10:30a-12p ZEN - MKZC<br>**12:00-12:45p Meditation**<br>1:00p After-meditation Community LUNCH *<br>**7p BODHISATTVA Meditations - ChiSing** | 13<br>**12:00-12:45p Meditation**<br>*2-3:15p VAJRA Yoga*<br>*5:30-6:45p QIGONG*<br>**7p GUIDED Meditations Class - Brother ChiSing** | 14<br>**12:00-12:45p Meditation**<br>*3:15-4:30p YOGA - Andy**<br>7:00-8:30p Silent ZEN Meditations – MKZC | 15<br>*10:30-11:45a QIGONG*<br>**12:00-12:45p Meditation**<br>**6:00-6:45p Meditation ***<br>7p "Secrets of the Siddha Saints" - Ganganath & Tara Leela<br>*7:00-8:15p YOGA - Andy** | 16 | 17<br>**8:30a-12:30p "YOGA & MEDITATION" Retreat - Brother ChiSing & Andy McDonald** |
| 18<br>***3p Meditación (español)***<br>*** 5-7p AWAKENING HEART** *(this is our large main Meditation service)* **- Andy McDonald**<br>** (7p Winter Holidays Vegetarian Potluck Dinner)* | 19<br>*10-11:15a YOGA - Andy**<br>10:30a-12p ZEN - MKZC<br>**12:00-12:45p Meditation**<br>1:00p After-meditation Community LUNCH *<br>**7p BODHISATTVA Meditations - ChiSing** | 20<br>**12:00-12:45p Meditation**<br>*2-3:15p VAJRA Yoga*<br>*5:30-6:45p QIGONG*<br>**7p GUIDED Meditations Class - Brother ChiSing** | 21<br>**12:00-12:45p Meditation**<br>*3:15-4:30p YOGA - Andy**<br>[No ZEN this evening] | *(Winter Solstice)* 22<br>*10:30-11:45a QIGONG*<br>**12:00-12:45p Meditation**<br>**6:00-6:45p Meditation ***<br>*7:00-8:15p YOGA - Andy** | 23 | 24<br>11:00p Christmas Eve Midnight Mass - Brother Lawrence & Sister Anne (Order of St. Lucy) |
| *(Christmas Day)* 25<br>***3p Meditación (español)***<br>*** 5-7p AWAKENING HEART** *(this is our large main Meditation service)* **- Ven. Tashi** *(Tibet monk)* | 26<br>*10-11:15a YOGA - Andy**<br>[No ZEN this morning]<br>**12:00-12:45p Meditation**<br>1:00p After-meditation Community LUNCH *<br>**7p Advanced BUDDHIST Meditations -** *(members)* | 27<br>**12:00-12:45p Meditation**<br>*2-3:15p VAJRA Yoga*<br>*5:30-6:45p QIGONG*<br>**7p GUIDED Meditations Class -** *(Tashi Nyima)* | 28<br>**12:00-12:45p Meditation**<br>*3:15-4:30p YOGA - Andy**<br>[No ZEN this evening] | *29*<br>*10:30-11:45a QIGONG*<br>**12:00-12:45p Meditation**<br>**6:00-6:45p Meditation ***<br>*7:00-8:15p YOGA - Andy** | *30* | *(New Year's Eve)* 31 |

**DALLAS MEDITATION CENTER – 727 S. Floyd Rd., Richardson, TX 75080. info@AwakeningHeart.org (972) 432-7871 www.DallasMeditationCenter.com**

# AWAKENING HEART

## * December 2011 *

**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 *(40-60 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. ☺

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| **December 11 –** | *Ven. Tashi Nyima (Monk):* | **"TIBETAN Buddhist Wisdom for Spiritual EMPOWERMENT"** |
| | *[Brother ChiSing facilitating]* | *[Community Planning Meeting afterwards]* |
| **December 18 –** | *Andy McDonald speaking:* | **"The YOGA of a BALANCED Life"** |
| | | *[Vegetarian Potluck Dinner afterwards]* |
| **December 25 –** | *Ven. Tashi Nyima (Monk):* | **"CHRISTMAS Meditation"** |
| **January 1 –** | *Brother ChiSing speaking:* | **"NEW YEAR Meditation 2012"** |
| **January 8 –** | *Andy McDonald speaking:* | **"The YOGA of MIND Transformation"** |

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

***BODHISATTVA Meditations & Buddhist Ritual*** – Facilitated by Brother ChiSing, this deeper experienced Buddhist meditation circle *(12+ persons)* is open to those who have been meditating regularly at AH / DMC for at least 3 months, able to sit in stillness, breathing silently. **We practice an Integral "One Dharma" approach to spirituality.**

7:00 **Introductions & Opening Ritual**
7:15 **Silent Sitting Meditation** *(25 min.)*
7:40 **Silent Walking Meditation** *(10 min.) – occasionally with "Namo Amitabha" chanting*
7:50 **Silent Sitting Meditation** *(25 min.)*
8:15 **Spiritual Teachings**
8:45 **Sharing Circle**

** (recommended book: **Old Path, White Clouds** - Thich Nhat Hanh)*

**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. **December's theme is: "LETTING GO, LETTING BE."**

7:00 **Introductions**
7:15 **Guided Resting Meditation** *(25 min.) – deep relaxation while lying down*
7:40 **Guided Walking Meditation** *(10 min.)*
7:50 **Guided Sitting Meditation** *(25 min.)*
8:15 **Spiritual Teachings**
8:45 **Sharing Circle**

** (recommended book: **Happiness** - Thich Nhat Hanh)*

**SIMPLE SILENT MEDITATIONS *(Mondays - Thursdays)*** - *$5 suggested donation*

Facilitated by Brother ChiSing, staff teachers and trained members
*(10 min. of Silent Walking Meditation + 25 min. of Silent Sitting Meditation + 5 min. of Spiritual Reflections)*

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| NOON Silent Meditations: | **12:00-12:45 pm** | MONDAYS • TUESDAYS • WEDNESDAYS • THURSDAYS |
| EVENING Silent Meditation: | **6:00-6:45 pm** | THURSDAYS |

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

- **"YOGA & MEDITATION" Retreat** *(Brother ChiSing & Andy McDonald):* Sat., **December 17**, 8:30 am - 12:30 pm
- **First Saturdays: Monthly "MINDFULNESS" Morning Retreat** *(Brother ChiSing):* Sat., **January 7**, 9a - 12:30p
- **First Saturdays: Monthly "BEGINNERS Meditation" Workshop** *(Brother ChiSing):* Sat., **January 7**, 2 - 6 pm

**www . DALLAS MEDITATION CENTER . com**