


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>10-11:15a YOGA - Andy</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>5:30p Gentle YOGA-Roya</p> <p>7p Special MEDITATION - special guest facilitator</p>	<p>2</p> <p>12:00-12:45p Meditation</p> <p>2p Vajra YOGA - Tashi</p> <p>5:30p QIGONG - Michael</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>3</p> <p>9:30-10:30a TAI CHI</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy</p> <p>5:30-6:30p TAI CHI</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>4</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:00p Chakra Breathing Meditation - Jyoti S.</p> <p>7-9p "HAPPINESS" 5 of 8 Class - Ven. Tashi Nyima</p>	<p>5</p> <p>1:00-4:00p "Radiant Lotus" Women's QiGong workshop (part 1)</p> <p>(Weekend Mindfulness Retreat: October 5-7 @ Springhill Retreat)</p> <p>7p DRUM Circle-Dorayne</p>	<p>6</p> <p>9:00a-4:00p "Radiant Lotus" Women's QiGong workshop (part 2)</p> <p>(Day of Mindfulness: 9 am - 5 pm @ Springhill Retreat Center)</p>
<p>7</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p>	<p>8</p> <p>10-11:15a YOGA - Andy</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>5:30p Gentle YOGA-Roya</p> <p>* 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>9</p> <p>12:00-12:45p Meditation</p> <p>2p Vajra YOGA - Tashi</p> <p>5:30p QIGONG - Michael</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>10</p> <p>9:30-10:30a TAI CHI</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy</p> <p>5:30-6:30p TAI CHI</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>11</p> <p>Thich Nhat Hanh</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:00p Chakra Breathing Meditation - Jyoti S.</p> <p>7-9p "HAPPINESS" 6 of 8 Class - Ven. Tashi Nyima</p>	<p>12</p> <p>7:00-9:30p KIRTAN Chanting Music - ANANDA, etc.</p>	<p>13</p> <p>10:00a-12:30p REIKI</p> <p>5:00-9:00p FLUTE Circle</p>
<p>14</p> <p>9:30/10:00a Med./Mass</p> <p>* 2-6p BEGINNERS Meditation Workshop - Brother ChiSing *</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART - Bro. ChiSing * (7p Planning Meeting)</p>	<p>New Moon</p> <p>10-11:15a YOGA - Andy</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>5:30p Gentle YOGA-Roya</p> <p>* 7-9p BUDDHA LIGHT Chanting & Meditations - Brother ChiSing *</p>	<p>16</p> <p>12:00-12:45p Meditation</p> <p>2p Vajra YOGA - Tashi</p> <p>5:30p QIGONG - Michael</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>17</p> <p>9:30-10:30a TAI CHI</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy</p> <p>5:30-6:30p TAI CHI</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>18</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:00p Chakra Breathing Meditation - Jyoti S.</p> <p>7-9p "HAPPINESS" 7 of 8 Class - Ven. Tashi Nyima</p>	<p>19</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>20</p> <p>7:00-9:00p "Touching the Earth" (a mindful practice) - Bobbie Perkins & Cornell Kinderknecht (music)</p>
<p>21</p> <p>* 9:00a-12:30p Retreat: YOGA & MEDITATION - Andy & ChiSing *</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART - Bro. ChiSing * (7p Potluck Dinner)</p>	<p>22</p> <p>10-11:15a YOGA - Andy</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>5:30p Gentle YOGA-Roya</p> <p>* 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>23</p> <p>12:00-12:45p Meditation</p> <p>2p Vajra YOGA - Tashi</p> <p>5:30p QIGONG - Michael</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>24</p> <p>9:30-10:30a TAI CHI</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy</p> <p>5:30-6:30p TAI CHI</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>25</p> <p>12:00-12:45p Meditation</p> <p>6:00-6:45p Meditation</p> <p>7:00-8:15p YOGA - Andy</p> <p>7:00p Chakra Breathing Meditation - Jyoti S.</p> <p>7-9p "HAPPINESS" 8 of 8 Class - Ven. Tashi Nyima</p>	<p>26</p> <p>8:00p SOUND & MUSIC Meditation Concert - Cornell Kinderknecht & Martin McCall</p>	<p>27</p> <p>7:00-9:00p GONG Music "Vibrational Healing" Meditation - Kenny</p> <p>7:30-9:30p Connections Party - Cathy Vartulli</p>
<p>28</p> <p>9:30/10:00a Med./Mass</p> <p>3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima</p> <p>7:30p TaKeTiNa - Michael</p>	<p>Full Moon</p> <p>10-11:15a YOGA - Andy</p> <p>11:30a-1:00p Silent ZEN Meditations - MKZC</p> <p>5:30p Gentle YOGA-Roya</p> <p>* 7-9p BUDDHA LIGHT Chanting & Meditations - Brother ChiSing *</p>	<p>30</p> <p>12:00-12:45p Meditation</p> <p>2p Vajra YOGA - Tashi</p> <p>5:30p QIGONG - Jyoti</p> <p>7-9p YOUNG ADULTS (20's & 30's) Meditation</p>	<p>Autumn Midpoint</p> <p>31</p> <p>9:30-10:30a TAI CHI</p> <p>12:00-12:45p Meditation</p> <p>3:15-4:30p YOGA - Andy</p> <p>5:30-6:30p TAI CHI</p> <p>7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>Director: Brother ChiSing</p> <p>Assistant: Bobbie Perkins</p> <p>Communications: Cornell Kinderknecht</p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>AH & DMC aspire to be:</p> <p>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</p>

AWAKENING HEART

*** OCTOBER 2012 – Prosperity ***

Some SPECIAL EVENTS - please see the calendar and website for a full list and description of all upcoming events

- * **AUTUMN WEEKEND RETREAT (at Springhill Retreat Center)** – October 5 - 7 (Fri. eve. - Sun. aft.)
- * **DAY of MINDFULNESS Retreat (at Springhill Retreat Center)** – Saturday, October 6, 9:00 am - 5:00 pm
- * **BEGINNERS Meditation Workshop (Brother ChiSing)** – SUNDAY, October 14, 9:00 am - 1:00 pm
- * **YOGA & MEDITATION Morning Retreat (Andy & ChiSing)** – SUNDAY, October 21, 9:00 am – 12:30 pm

*** SUNDAYS (5:00-7:00 pm) *** - inspired by THICH NHAT HANH

☸ **“AWAKENING HEART” (Community of Mindful Living)** – Facilitated by Brother ChiSing & others, 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. ☸

- * **October 7** – * Brother ChiSing: **“BUDDHA: The Four Noble TRUTHS of Life” ***
- * **October 14** – * Brother ChiSing: **“BUDDHA: The Eightfold Path of NIRVANA” ***
(community planning meeting afterwards)
- * **October 21** – * Brother ChiSing: **“BUDDHA: The Four Balancing Qualities of LOVE” ***
* (vegetarian potluck dinner afterwards) *
- October 28** – Ven. Tashi Nyima (monk) **“Sixteen Guidelines for TRUE HAPPINESS”**

1st & 3rd & 5th MONDAYS (7:00-9:00 pm) - October 15 & 29, November 5 & 19, etc.

“BUDDHA LIGHT” Chanting & Silent Meditations – Facilitated by Brother ChiSing, this deeper experienced Buddhist meditation circle (8+ persons) is open to those who have been meditating at AH/DMC or similar centers for at least 4-8 times, able to sit in stillness, breathing silently. **We practice an Integral “One Dharma” approach to spirituality.**

Opening Ceremony (Incense, Recitation, Prostrations)
Chant-Walking (5 min.)
Silent Sitting Meditation (25 min.)
Silent Walking (10 min.)
Silent Sitting Meditation (25 min.)
Spiritual Teachings & Sharing Circle

2nd & 4th MONDAYS (7:00-9:00 pm) - October 8 & 22, November 12 & 26, etc.

GUIDED MEDITATIONS Group (beginner-friendly) – Facilitated by Brother ChiSing, this Guided Meditations group (12+ persons) is the perfect class for beginners (and also for more advanced practitioners who want to supplement their silent practice with guided meditations). All are welcome. **October’s theme is: “Inner and Outer PROSPERITY for our Self, for this Community, and for All Beings.”**

Guided Resting Meditation (25 min.) – deep relaxation while lying down
Guided Walking Meditation (10 min.)
Guided Sitting Meditation (25 min.)
Spiritual Teachings & Sharing Circle