



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Director: <b>Brother ChiSing</b></p> <p>Assistant: <b>Bobbie Perkins</b></p> <p>Communications: <b>Cornell Kinderknecht</b></p>	<p>DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm</p>	<p>AH &amp; DMC aspire to be:</p> <p><b>INTERFAITH INCLUSIVE INTEGRAL INSPIRED</b></p>		<p>1</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p CHAKRA Breathing Meditation - Jyoti 7-8:00p MEDITATION - Ven. Tashi Nyima</p>	<p>2</p> <p>7:00-9:00p First Fridays: DRUM Circle - Dorayne B</p>	<p>3</p> <p>* 9a-12:30p INTEGRAL BUDDHIST RETREAT - Brother ChiSing *</p> <p>* 2-6:00p BEGINNERS Meditation Workshop - Brother ChiSing *</p>
<p>4</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p> <p>* All Community Meeting</p>	<p>5</p> <p>10-11:15a YOGA - Andy 11:30a-1:00p Silent ZEN Meditations - MKZC 5:30p Gentle YOGA-Roya * 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>6</p> <p>12:00-12:45p Meditation 2p Vajra YOGA - Tashi 5:30p QIGONG - Michael 7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p>7</p> <p>9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>8</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p CHAKRA Breathing Meditation - Jyoti 7-8:00p MEDITATION - Ven. Tashi Nyima</p>	<p>9</p> <p>12-5p Trinity Energy Progression HEALING - Angela Coulter 7:30-9:00p Divine MUSIC Concert (Cello &amp; Violin) - David Eby of ANANDA</p>	<p>10</p> <p>9:30a-4:30p Trinity Energy Progression HEALING (also Sunday) 10:00a-12:30p REIKI 5:00-9:00p FLUTE Circle</p>
<p>40 Days til 12-21-12 11</p> <p>9:30/10:00a Med./Mass 11:30a-1p TRASYT - Tzivia</p> <p>3p Meditación (español)</p> <p>* 5-7p Refuge, Renewal, and Blessing Ceremony @ AWAKENING HEART - Ven. Tashi &amp; ChiSing *</p>	<p>12</p> <p>10-11:15a YOGA - Andy 11:30a-1:00p Silent ZEN Meditations - MKZC 5:30p Gentle YOGA-Roya * 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>New Moon &amp; Eclipse 13</p> <p>12:00-12:45p Meditation 2p Vajra YOGA - Tashi 5:30p QIGONG - Michael 7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p>14</p> <p>9:30-10:30a TAI CHI 12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 5:30-6:30p TAI CHI 7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>15</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p CHAKRA Breathing Meditation - Jyoti 7-8:00p MEDITATION - Ven. Tashi Nyima</p>	<p>16</p> <p>7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)</p>	<p>17</p> <p>10a-1p Buddhist Festival - Ven. Tashi Nyima * 2:30-6:00p Retreat: YOGA &amp; MEDITATION - Andy &amp; ChiSing * 7-9p GONG - Kenny K. 7:30p Connections Party</p>
<p>18</p> <p>3p Meditación (español)</p> <p>* 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing *</p> <p>* pre-Thanksgiving Dinner</p>	<p>19</p> <p>10-11:15a YOGA - Andy 11:30a-1:00p ZEN 5:30p YOGA (sub: Andy) 7p Shamanic Trans. * 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>20</p> <p>12:00-12:45p Meditation 2p Vajra YOGA - Tashi 5:30p QIGONG - Michael 7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p>21</p> <p>12:00-12:45p Meditation 3:15-4:30p YOGA - Andy</p> <p>No ZEN Meditation tonight</p>	<p>Thanksgiving 22</p> <p><b>Happy Vegetarian Day!</b></p>	<p>23</p> <p>(your event could go here)</p>	<p>24</p> <p>7:30p GRATITUDE Spiritual Music Concert - Cornell Kinderknecht &amp; Randy Granger</p>
<p>25</p> <p>9:30/10:00a Med./Mass 3p Meditación (español)</p> <p>5-7p AWAKENING HEART (this is our large main Meditation service) - Ven. Tashi Nyima 7:30p TaKeTiNa -Michael</p>	<p>26</p> <p>10-11:15a YOGA - Andy 11:30a-1:00p Silent ZEN Meditations - MKZC 5:30p YOGA (sub: Andy) * 7-9p Beginner-friendly GUIDED Meditations - Brother ChiSing *</p>	<p>27</p> <p>12:00-12:45p Meditation 2p Vajra YOGA - Tashi 5:30p QIGONG - Michael 7-9p YOUNG ADULTS (20's &amp; 30's) Meditation</p>	<p>Full Moon &amp; Eclipse 28</p> <p>12:00-12:45p Meditation 3:15-4:30p YOGA - Andy 7:00-8:30p Silent ZEN Meditations - MKZC</p>	<p>29</p> <p>12:00-12:45p Meditation 6:00-6:45p Meditation 7:00-8:15p YOGA - Andy 7:00p Chakra Breathing Meditation - Jyoti 7-9p Supplication (closed) - Ven. Tashi Nyima</p>	<p>30</p> <p><b>MEDICINE BUDDHA Healing Service</b> (7:30-9:00p)</p>	



# AWAKENING HEART

NOVEMBER 2012 – *Gratitude & Blessings!*

**\* SUNDAYS (5:00 - 7:00 pm) \*** - ALL ARE WELCOME! ☺

☸ **“AWAKENING HEART” (Community of Mindful Living)** – Facilitated by Brother ChiSing & others, this Interfaith Buddhist Meditation Community (*inspired by the teachings and practices of Thich Nhat Hanh and other great spiritual teachers*) is our largest main meditation gathering of the week (30-50 persons) with walking and sitting meditations, kirtan chanting & music, inspiring messages, and community sharing (*open to all levels of meditation experience, both beginners and more experienced meditators*). Monthly Potluck Dinner. Childcare every Sunday. ☸

\* November 4 – Brother ChiSing \*

**“Ten Stages of ENLIGHTENMENT” \***

*\* (community planning meeting afterwards)*

\* November 11 – Brother ChiSing \*  
& Ven. Tashi Nyima

**40-Day “Spiritual Practice Period” Countdown to 12-21-12  
THREE REFUGES, RENEWAL & BLESSINGS CEREMONY  
“Infinite Light, Infinite Love, Infinite Life” \***

\* November 18 – Brother ChiSing \*

**Prepare for THANKSGIVING Mindfully:  
“LOVE, COMPASSION, JOY & PEACE” \***

*\* (Pre-THANKSGIVING vegetarian potluck dinner afterwards)*

November 25 – Ven. Tashi Nyima (monk)

**BUDDHA’s Teachings on the FIVE Spiritual POWERS:  
“Faith, Energy, Mindfulness, Concentration & Wisdom”**

**MONDAYS (7:00 - 9:00 pm)** - suggested donation: \$10-\$25

**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 experienced meditators who want to supplement their silent practice with guided meditations*). ALL ARE WELCOME.

**Guided Resting Meditation** (25 min.) – *deep relaxation while lying down with pillow & blankets*

**Guided Walking Meditation** (10 min.)

**Guided Sitting Meditation** (25 min.) – *you may sit on a chair or on a mat & cushion on the floor*

**Spiritual Teachings & Sharing Circle**

**SATURDAY – monthly (9:00 am - 12:30 pm)** - November 3, December 1, etc.

**“INTEGRAL BUDDHIST RETREAT”** – Facilitated by Brother ChiSing, this morning retreat of deeper Buddhist meditations is open to experienced meditators who have been practicing 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 meditation, which includes elements of Zen, Pure Land, Theravada, and Mantrayana practices. NOT FOR FIRST-TIME BEGINNERS.

**Buddhist Ceremony (Incense, Recitation, Twelve Prostrations)**

**Chant-Walking (“Namo Amitabha”)** (5 min.)

**1<sup>st</sup> Sitting Meditation (Vipassana or Mantra)** (25 min.)

**Silent Walking** (10 min.)

**2<sup>nd</sup> Sitting Meditation (Pure ZEN “Shikantaza”)** (25 min.)

**Three Refuge Prostrations**

**Spiritual Teachings & Sharing Circle**



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

\* **BEGINNERS Meditation Workshop (Brother ChiSing)** – Saturday, November 3, 2:00 - 6:00 pm

\* **YOGA & MEDITATION Afternoon Retreat (Andy McDonald & Brother ChiSing)** – Sat., Nov. 17, 2:30-6 pm

\* **MEDICINE BUDDHA Healing Service (Ven. Tashi Nyima & Brother ChiSing)** – Fri., Nov. 30, 7:30-9:00 pm

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