

DALLAS MEDITATION CENTER

SEPTEMBER 2016 – “WATERING OUR CREATIVITY SEEDS”

One Dharma / Awakening Heart @ CSLDallas (A Center for Spiritual Living)

SUNDAYS 5:00-7:00 PM

Awakening Heart (Community of Mindful Living)
Interfaith Buddhist Spirituality (Thich Nhat Hanh)
Zen, Mindfulness, Holistic Meditation (Brother ChiSing)

Sept 4: “The Many Faces of Creativity”
Speaker: Cornell Kinderknecht

Sept 11: “Our Life is a Work of Art”
Speaker: Bobbie Perkins
Sangha YUM! Social dinner out with sangha follows

Sept 18: “Awaken the Creative Spirit”
Speaker: Julie Ryan

Sept 25: “Freedom to Create”
Speaker: Thich Minh Thien



During September, we will celebrate our founder, Brother ChiSing in honor of his birthday (September 2, 1969)

Mondays

12:00p **ZEN-To-Go** (silent meditation) – *trained members facilitating*
6:00p TAI CHI – *Janna Whitton*
7:30p **MINDFUL Mondays** – *Cornell Kinderknecht*

Tuesdays

12:00p **ZEN-To-Go** (silent meditation) – *trained members facilitating*
7:00p **YES (Young Enlightened Souls)**
Meditation/Social Community – Young Adults (20's & 30's)

Wednesdays

9:00a TAI CHI – *Janna Whitton*
10:30a QIGONG – *Janna Whitton*
7:30p **INTERBEING Sangha** – *Bobbie Perkins*
(Five Mindfulness Trainings on First Wednesdays – Sept. 7)

Saturday (once-a-month)

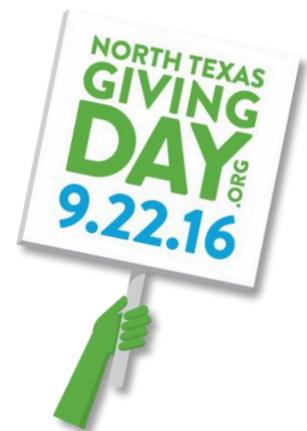
* 2:00p **Monthly BEGINNERS MEDITATION Workshop**
Next scheduled: September 17 – *check website for other dates*

09/02/16 – 7:00pm – First Friday Drum Circle with Dorayne Breedlove at Dallas Meditation Center @ CSLDallas

*09/18/16 – 2:00-3:30pm – The Ahm Awakening: Embodying the Divine Feminine with Dr. Paula Joyce at CSLDallas

09/22/16 – NORTH TEXAS GIVING DAY – Donate today to Awakening Heart Dallas Meditation Center

*10/22/16 – 7:00-8:30pm – Music Meditation and Healing Concert with Cornell Kinderknecht and Martin McCall at the Ananda Meditation and Yoga Center of Dallas



* = Register Online

WWW.DALLASMEDITATIONCENTER.COM

CELEBRATING BROTHER CHISING'S BIRTHDAY ANNIVERSARY

MESSAGE FROM BOBBIE PERKINS



September is the birth month of Brother ChiSing, the founder of Awakening Heart Community of Mindful Living and the Dallas Meditation Center. He was a very creative young man who infused his creativity into every aspect of his life. He also celebrated and encouraged creativity in the lives and work of others. During September, we will honor ChiSing's memory and his particular style of creativity by exploring the many ways that creativity can enrich our spiritual growth. In a short essay

called "Our Life is a Work of Art", Thich Nhat Hanh says,



...if we just act in each moment with composure and mindfulness, each minute of our life is a work of art. Even when we are not painting or writing, we are

*still creating. When we know how to **be** peace, we find that art is a wonderful way to share our peacefulness. Artistic expression will take place in one way or another, but the **being** is essential. So we must go back to ourselves and when we have joy and peace in ourselves, our creations of art will be quite natural and they will serve the world in a positive way.*

So... prepare to unleash your creative self this month! Or if that sounds too scary, just come, sit with us and celebrate the creativity that surrounds us in so many ways. I look forward to seeing you in September.

Peace, joy and love to all,
Bobbie

MESSAGE FROM CORNELL KINDERKNECHT



SHARING BROTHER CHISING'S WORDS

"If we look at our lives we might get discouraged thinking that we cannot make a BIG difference in the world. Yet, everything changes when we look with our dharma eyes and see that we can touch the lives of others who will make a difference, and they, in turn, will touch others who will also make a difference. The ripple effect of our lives is very powerful. We do not need to do it all by ourselves; we can let the ripple effect do our dharma work."

—Brother ChiSing, October 15, 2015

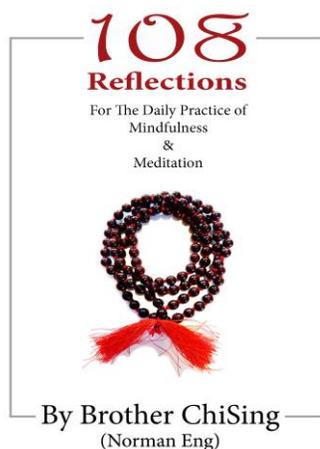
One of the things Brother ChiSing wanted to accomplish was to create a book based on his teachings and writings. He actually made a few starts at it but, alas, health issues and other demands always kept the book just out of reach. A few months before he passed away, he chatted with me and asked if I would help make the book a reality, even if he wasn't around long enough to see it completed. He wanted to ensure that his words and the work of Awakening Heart Community of Mindful Living and the Dallas Meditation Center would be of benefit to many people well into the future. Of course my answer was, "Yes."

Valerie Grimes and Cheryl Muck came forward to help ChiSing compile and edit his talks from spoken word to written word. It quickly became evident that there was enough material for more than one book. ChiSing was thrilled by the prospect of starting multiple books simultaneously. Cheryl agreed to take the lead on "108 Reflections" and Valerie took the lead on "40 Talks." Sadly, ChiSing did not live to see the completion of these books. However, he did participate in the start of the projects and was able to review and comment on some of the early edits, which pleased him very much.

(Sharing Brother ChiSing's Words, continued...)

108 Reflections

The first book of Brother ChiSing's teachings, with the full manuscript nearing completion, is a compilation of 108 short passages meant for regular, daily inspiration and mindful practice. The passages come from the essays and talks offered by ChiSing at the Awakening Heart Community of Mindful Living gatherings at Dallas Meditation Center as well as at many other organizations he



graced in his extensive travels throughout the U.S. In a fresh, fun voice, each reflection offers guidance to the reader on the path of enlightenment through mindful living.

The creation of this book has been quite providential. Beginning with the initial exchange of ideas between Brother ChiSing and Cheryl Muck (often with Cornell acting as a relay in the middle), the process seemed to unfold in an organic, easy way. With the loss of ChiSing, a team of sangha members miraculously came together with all the skills needed to finish the project. We knew we had a talented collection of people that attend our Mindful Monday group, but it turns out that we have experienced writers, editors, illustrators and artists in our mindful Sangha.

Cheryl compiled the reflections from ChiSing's body of work. Patricia McNeill provided editing and guidance. Rich McNeill and Sakshi Agarwal created original artwork, with Rich also providing design layout and book formatting. Jessica Hitch (Wake Up Dallas YES facilitator and One Dharma board member) provided final editing services. Cornell Kinderknecht provided administrative oversight and introductory and biographical information. Although the manuscript was not able to be completed before ChiSing died, his inspiration lives on in these words. We are extremely grateful and happy that he lived long

enough to see the first efforts and to know that his plans would become reality.

We expect that 108 Reflections will be published in the very near future and we hope it will touch many souls and help inspire others the way Brother ChiSing inspired us here in Dallas.

40 Talks/Essays

The second book, with just over half of the material drafted, will be a set of 40 full talks or essays from Brother ChiSing. It is expected to be published at a later date. In the meantime, we asked Valerie Grimes, who is leading this project, to share some thoughts for this newsletter:



"FINGER POINTING TO THE MOON"
BY RICH MCNEILL

As of the middle of August, we have completed 22 of the 40 Dharma Talks to be featured in the second book. Thank you to Patty McNeill for her feedback and watchful, consistent eye to keep this work organized and complete.

The task to preserve ChiSing's personality while converting the text from spoken to written word could only be effective by beginning each talk that I work on imagining him sitting up in a tree next to me. Sometimes I feel like moving to another room to get away from the tree. And when I do, he must talk to Patty because she often encourages me to reinstate something I decided to leave out for the sake of brevity.

I honestly had no real idea what I was getting into by agreeing to "help." But like Cornell and those close to ChiSing know, "help" means, "doing it." Many of the edits I have completed were done at 4 am, when I just woke up and heard, "let's work on those talks." It is the sweetest time of day for me. By the end of many of the talks I'm in tears. My wish for you is that you, too, will be moved and inspired by the **40 Dharma Talks** book when it is completed.

~ Valerie

WALK ON THE PATH OF LOVE

Walking with friends in mindfulness,
As the Dharma rain falls upon our heads,
Brings a smile to my face and joy to my heart,
As we walk on the Path of Love.

And though the world assail my body,
And though its fears assail my mind,
In the Sangha, I take refuge.
Won't you hold my hand and walk with me?

Walk with me, oh my brother.
Come and walk with me, oh my sister.
Take my hand, hold my heart.
Breathe with me, listen deeply,

As we walk on the Path of Love.

~ *BROTHER CHISING*



CAN WE TALK?

Yellow and your many,
Grouped together into one.
Are you free?
Or is the yellow a stare back at the sun?

You seem happy,
When I look, once, twice and thrice.
Are you doing cha cha in stillness?
Or is the yellow too bright?

Delicate,
Sly is your conviction.
Why don't you intimidate me?
Or is the yellow too right?

What language do you speak?
Whisper to me.
Should I just look, listen and wonder?
Or ask the bees,
About sweetness and yellow's might?

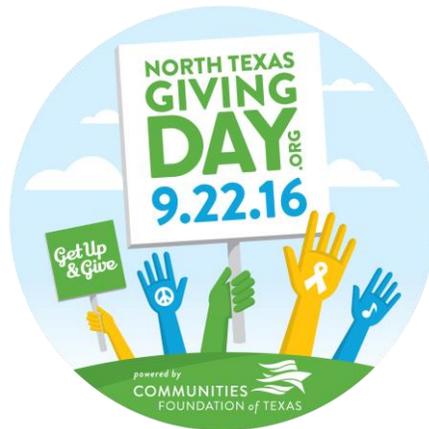
~ *SUJITH SUBHASH*

Wednesday Interbeing Sangha member



DANA FOR YOUR COMMUNITY NORTH TEXAS GIVING DAY!

Awakening Heart / Dallas Meditation Center is honored to be selected as one of the local organizations to participate in this year's **North Texas Giving Day on Sept. 22, 2016**. Donations of \$25 - \$50,000 made 6 a.m. to midnight to nonprofits listed on the Giving Day website will be multiplied and eligible for additional bonus funds.



Please visit www.NorthTexasGivingDay.org on September 22, search for Awakening Heart Dallas Meditation Center and make a gift to give your favorite meditation center a boost! You may even want to consider making a sustaining donation in honor of Brother ChiSing's birthday to sustain the work of Dallas Meditation Center.

Most of our gatherings are held at Dallas Meditation Center @ CSLDallas, International Place, 4801 Spring Valley Rd, #115, Dallas, Texas 75244.
Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: info@DallasMeditationCenter.com

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