

DALLAS MEDITATION CENTER

DECEMBER 2016 – “NOURISHING THE QUALITIES OF HAPPINESS”

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)

Dec. 4: “*Virya Paramita - Diligence, Energy, Perseverance*”

Speaker: Bobbie Perkins, Order of Interbeing Aspirant

Guest musician: Robin Hackett

Dec. 11: “*Dhyana Paramita - Meditation*”

Speakers: Jim Atkins, Nathifa Nanyamka,

Sharad Saxena, Awakening Heart Community

Dec. 18: “*Prajna Paramita - Wisdom, Insight, Understanding*”

Speaker: Thich Minh Thien, Zen Buddhist Monk

Dec. 25: **Christmas Day** – *Our meditation gathering will not meet. Mindfully enjoy the holiday!*

Jan. 1: **New Year’s Day** – “*Every Day is an Opportunity to Begin Anew*”



Mondays

12:00p **ZEN-To-Go** (silent meditation) – *trained members facilitating*

6:00p TAI CHI – *Janna Whitton (no class on Dec. 26)*

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 (no class on Dec. 28)*

10:30a QIGONG – *Janna Whitton (no class on Dec. 28)*

7:30p **INTERBEING Sangha** – *Bobbie Perkins*

(Five Mindfulness Trainings on First Wednesdays – Dec. 7)

Saturday (once-a-month)

* 2:00p **Monthly BEGINNERS MEDITATION Workshop**

Next scheduled: December 17 – *check website for other dates*

12/02/16 – 7:00pm – First Friday Drum Circle with Dorayne Breedlove at Dallas Meditation Center @ CSLDallas

12/11/16 – 2:00-3:30pm – From Fear to Freedom with Dr. Paula Joyce

*12/13/16 – 10:00am -12:00pm, or 6:30-8:30pm – Overcome Anxiety with Tzivia Stein-Barrett

12/18/16 – 2:00-4:00pm – **Preview gathering and dedication at our future location** (*watch website for details*)

* = Register Online

Donate to the Dallas Meditation Center Relocation Fund: <http://www.DallasMeditationCenter.com/move>

WWW.DALLASMEDITATIONCENTER.COM

Together We Continue to Plant and Water the Seeds of Love, Peace and Joy

by Cornell Kinderknecht

On Sunday, November 13, the Dallas Meditation Center held a community meeting and announced the exciting news that we have negotiated a lease on a new location in Richardson. In the near future, we will once again be in our own dedicated space where, in addition to our meditation gatherings, we can offer workshops, yoga and wellness classes, concerts and a welcoming community gathering space.

DALLAS MEDITATION CENTER TIMELINE

www.DallasMeditationCenter.com

2006

Brother ChiSing began sangha building and practice in various locations in the Dallas area.

Awakening Heart 2007

Brother ChiSing started our Sunday sangha, Awakening Heart (Community of Mindful Living).

2010

The Dallas Meditation Center was established in Richardson as one of the first and largest interfaith meditation centers in North Texas

2011

Brother ChiSing started the "Young Enlightened Souls" group with the vision of like-minded young adults seeking a path of Interfaith Buddhism, mindfulness and peace.

2013

The community of wellness professionals began to coalesce and made the Dallas Meditation Center a mecca for healing body, mind and spirit.

2014

- The Interbeing Sangha was formed by Bobbie Perkins.
- Dallas Meditation Center granted tax exempt status under 501(c)(3) as "One Dharma, Awakening Heart, Dallas Meditation Center"



2015

Dallas Meditation Center began offering meditation gatherings and classes at CSLDallas while transitioning to the next phase.

2017

- Lunar New Year marks the 10th Anniversary of the Awakening Heart community.
- Dallas Meditation Center's new home in Richardson (expected move in early 2017)



As many of you may remember, Dallas Meditation Center was in the building on Floyd Road in Richardson from May of 2010 until July of 2015. At that location, the center was the home of the Awakening Heart (Community of Mindful Living) meditation sanghas, multiple other meditation-related practice groups, including the Maria Kannon Zen Center, and several wellness-oriented businesses. The center also hosted weekend workshops, weekly classes in yoga, tai chi, qigong, occasional music concerts and other special events. It was a true community refuge where one could stop by most any day to take a class or to just find some quiet space.

The roots of the Dallas Meditation Center go back to 2005 when Brother ChiSing, the founder of Awakening Heart and Dallas Meditation Center, moved back to Texas from California. While in California, he had formed several Thich Nhat Hanh style meditation practice groups which met in various Christian churches. Having returned to Texas, by January of 2006, he began a weekly Thursday meditation group that met at an apartment clubhouse in east Dallas. While the Thursday group's practice grew, plans were laid for a second weekly group.

A three-week Sunday evening meditation class called "Breath of Life" began meeting at Cathedral of Hope in January of 2007. At the end of the three week class a public Lunar New Year Celebration was held and served as the launch of a regular Sunday evening meditation gathering -- **the beginning of the Awakening Heart (Community of Mindful Living) which, as of this writing, has consistently practiced every week for nearly ten years!** Leaders from several churches and spiritual organizations in the area were present to offer blessings and dedications to this newly formed meditation community.

In June of 2006, the Awakening Heart Sunday gatherings changed locations to Unity Church of Dallas on Forest Lane. This would be home for the next four years. During these years the community flourished and grew. In addition to the weekly gatherings, special events and quarterly workshops were presented for beginning and experienced meditators alike. During this period, **Brother ChiSing expressed his hope to one day open a center dedicated to meditation, wellness and life enrichment practices - a place that would be welcoming to people of any faith tradition or no faith tradition.**

In 2010, the Dallas Meditation Center opened on Floyd Road in Richardson. The Young Enlightened Souls group for adults in their 20's and 30's was begun in 2011. An application was filed to create a U.S. nonprofit human

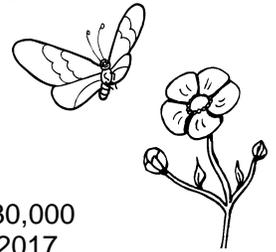
services organization in 2013 and in early 2014, that application was approved. "One Dharma Awakening Heart Dallas Meditation Center" was granted 501(c)(3) nonprofit, tax-exempt status in return for providing meditation and wellness practices open to the public.

Our Floyd Road home was sold to a developer in 2015. The building was demolished and became a parking lot for a new row of restaurants being constructed along Central Expressway. Due to a business property boom in the area at that time, it was very difficult to find a new location that was suitable and affordable for our center. Fortunately, our friends at CSLDallas opened their arms and their building to us, allowing us to rent space for a certain number of hours per week in order to hold our core weekly meditation gatherings. While gathering at this interim location, our search for a new dedicated location continued. After viewing many properties, a location on Arapaho Road became available. Renovations are now underway so that we can move there early in 2017.

Why is it important for Dallas Meditation Center to have a dedicated space? In addition to being able to be a community hub again, our 501(c)(3) nonprofit charter states, "This corporation is organized exclusively for charitable, religious, educational or

scientific purposes... This includes but is not limited to programs that renew spiritual life through meditation, classes for healing body and mind, and events that promote peace and wellness. *The Dallas Meditation Center provides an interfaith setting for people of different religious traditions, or no religious tradition, to deepen their meditative practice.*" A dedicated space allows the center to fulfill its mission, offering a variety of life-enriching programs to the public. Importantly, this move will also allow the Dallas Meditation Center to provide a peaceful place where people can feel connected, especially in this time when so many experience discrimination and separation in their lives. The Dallas Meditation Center will be a place where ALL are welcome to learn and be supported in practicing healthful, peaceful, mindful ways of living.

In our meeting on November 13th, we outlined the costs to renovate the space and the current financial details of our organization. We've negotiated with the owner to cover part of the renovation costs. We have \$12,000 earmarked for relocation expenses that was raised during our moving campaign in 2015. That leaves us with \$30,000 to raise by the end of January 2017.



Here's how you can help:

- **Help us raise \$30,000 to cover renovation and relocation expenses.** Donate what you can based on your blessings and ask others to help through a tax-deductible donation at www.DallasMeditationCenter.com/move



- **We need volunteers for fundraising and relocation** to make this renovation and move possible. Together we can turn your Passion into Action! Contact our volunteer coordinator at funding@dallasmeditationcenter.com.
- **Shop at Amazon and have your purchase benefit the DMC.** Go to Smile.Amazon.com to login and select *One Dharma Awakening Heart Dallas Meditation Center* as your charity. Shop as you normally would and .5% of your total purchase will be donated to us! Just log in each time here to make it count: <https://smile.amazon.com/ch/46-3512018>



- Increase Dallas Meditation Center's reach into the world by **sharing our story with your friends and family on social media, phone chain and email.** Invite them to one of your regularly visited meditation days to **experience the JOY of Mindful Living!**



- **Will YOU or YOUR COMPANY match a gift?** Inquire with your Company's human resources or benefits department to see if your employer offers matching grant / donation programs. You can also direct them to our nonprofit certification info at: <http://www.guidestar.org/profile/46-3512018>

MESSAGE FROM BOBBIE PERKINS



Dear Friends,

Our exploration of the Qualities of Happiness will continue through December and provide guidance as we navigate the joys and challenges of the holiday season. I know that many of us experience deep sadness at this time of year because of the loss of a loved one, the recognition of so much suffering in the world and feelings of anxiety or fear within ourselves. Yet, there is also a certain spirit of joy and hope during this season of celebrations. The teachings of the Six Paramitas (The Qualities of Happiness) seem to me to be exactly what we need to help us glide through the holidays peacefully and lovingly.

I hope you'll join us each week in December to learn about the Gift of Diligence, the Gift of Meditation and the Gift of Wisdom. This will complete our study of the Six Paramitas, the qualities that take us from the shore of suffering, anger and depression to the shore of freedom, harmony and well-being.

I'm sure you know by now that Dallas Meditation Center is engaged in a momentous project – moving from CSLDallas to our own space in Richardson. Please read Cornell's message in this newsletter to learn a little about the history of DMC, how this opportunity came about and what we can do now to capitalize on this opportunity. Together we will manifest our new home!

A lotus for each of you,
Bobbie

TOGETHER WE CAN

By Cheryl Muck

Together we

Practice spirituality and meditation

Together we

Experience the JOY of mindful living

Together we

Continue to plant and water the seeds of love and peace and joy

Together we

Send the positive energy of our practice to our families, friends, nation and world

Together we

Continue to grow in our mindfulness and meditation practice

PRACTICE SONGS

Happiness

Happiness is here and now,
I have dropped my worries.
No where to go, Nothing to do.
No longer in a hurry.

Happiness is here and now,
I have dropped my worries.
Somewhere to go, Something to do.
But I don't need to hurry.

I Am Free

I am a cloud. I am the blue sky.
I am a bird, spreading out her wings.
I am a flower, I am the sunshine.
I am the earth, receiving a seed.

And I am free, when my heart is open.
Yes, I am free, when my mind is clear.
Oh, dear brother, oh, dear sister,
Let's walk together, mindfully. (repeat)

Contemplations Before Eating

This food is a gift of the earth, the sky, numerous living beings and much hard and loving work.

May we eat with mindfulness and gratitude so as to be worthy to receive this food.

May we recognize and transform our unwholesome mental formations, especially our greed, and learn to eat with moderation.

May we keep our compassion alive by eating in such a way that reduces the suffering of living beings, stops contributing to climate change, and heals and preserves our precious planet.

We accept this food so that we may nurture our brotherhood and sisterhood, build our Sangha and nourish our ideal of serving all living beings.



Most of our gatherings are held at Dallas Meditation Center @ CSLDallas, International Place, 4801 Spring Valley Rd, #113, Dallas, Texas 75244.
Mailing address: Dallas Meditation Center, PO Box 832412, Richardson, TX 75083. Phone: 972.432.7871. Email: info@DallasMeditationCenter.com

WWW.AWAKENINGHEART.ORG