

ENLIGHTENMENT & RESURRECTION: The Wisdom of Jesus and Buddha for Today

A Morning of Mindfulness with Brother ChiSing

Easter SATURDAY, April 3, 2010

(9:00 AM - 12:30 PM)



In this rejuvenating retreat, Brother ChiSing will facilitate us through an experiential process of the Essential Spirituality that originates from the Universal Source of both the Wisdom of the Buddha and the Compassion of Jesus.

Through gentle, beginner-friendly guided and silent meditations of various modalities (*sitting, walking, resting, writing, movement, chanting, etc.*), as well as through deep insightful teachings and community-building practices, we will calm our bodies, purify our minds, open our hearts, and awaken our spirits to the ONE SPIRIT that is our True Self (*called "Christ Consciousness" or "Buddha Nature"*).

Brother ChiSing, M.Div., M.A., is the founder of "Awakening Heart" in Dallas and "One Dharma" in Austin. He is an ordained disciple of THICH NHAT HANH and is one of the most popular meditation facilitators in North Texas, with over 100 students in 4+ locations. Find out more at: www.AWAKENINGHEART.org

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* Love Offering (**suggested donation: \$30-\$50**)
[plus optional \$20 for Book & CD]

Please register online by April 2 at:

www.AWAKENINGHEART.org