

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(29) 3p Meditación (español) * 5-7p AWAKENING HEART (this is our large main Meditation service) - LUNAR NEW YEAR Celebration !!! (ChiSing) * (7p Dinner for up to 81)	(30) 10-11:15a YOGA - Andy* 11:30a-1:00p Silent ZEN Meditations - MKZC 7:00p BODHISATTVA Meditations - ChiSing 7:20p Breaking Free (UA)	(31) 12:00-12:45p Meditation * 2:00-3:15p VAJRA Yoga 5:30-6:45p QIGONG 7p GUIDED Meditations (beginner-friendly)-ChiSing	FEBRUARY 1 12:00-12:45p Meditation 1:00p Community Lunch 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	2 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy*	3 10:00-11:15a Roya Yoga 7:00p First Fridays: DRUM CIRCLE - Dorayne Breedlove	4 9:00a-12:30p Meditation REJUVENATION Retreat - Brother ChiSing 1-4:30p "Inner Child Puppet" - Paula Shutman 2:00-6:00p BEGINNERS MEDITATION Workshop - Brother ChiSing
5 3p Meditación (español) * 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing & Helen Cortes (MKZC)	6 10-11:15a YOGA - Andy* 11:30a-1:00p Silent ZEN Meditations - MKZC 7:00p BODHISATTVA Meditations - ChiSing 7:20p Breaking Free (UA)	7 12:00-12:45p Meditation * 2:00-3:15p VAJRA Yoga 5:30-6:45p QIGONG 7p GUIDED Meditations (beginner-friendly)-ChiSing	8 12:00-12:45p Meditation 1:00p Community Lunch 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	9 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy*	10 10:00-11:15a Roya Yoga	11 [Brother ChiSing is away at a Soto ZEN Retreat] 12-2p "Living Namaste" intro / orientation - Christine Clemmer
12 10:30a Christ. Meditation 11:00a Universal Church 3p Meditación (español) * 5-7p AWAKENING HEART (this is our large main Meditation service) - Christine Clemmer & Andy McDonald	13 10-11:15a YOGA - Andy* 11:30a-1:00p Silent ZEN Meditations - MKZC 7:00p BODHISATTVA Meditations - ChiSing 7:20p Breaking Free (UA)	14 12:00-12:45p Meditation * 2:00-3:15p VAJRA Yoga 5:30-6:45p QIGONG 7p GUIDED Meditations (beginner-friendly)-ChiSing	15 12:00-12:45p Meditation 1:00p Community Lunch 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	16 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy*	17 10:00-11:15a Roya Yoga 7:30p CHANNELING Spiritual Wisdom - "Jacob" (Bobbie Perkins)	18 9:00a-12:00p "YOGA & MEDITATION" Retreat - Br. ChiSing & Andy McD 7:00p GONG Music Meditation - Kenny Kolter
19 3p Meditación (español) * 5-7p AWAKENING HEART (this is our large main Meditation service) - Brother ChiSing * (7p Planning Meeting)	20 10-11:15a YOGA - Andy* 11:30a-1:00p Silent ZEN Meditations - MKZC 7:00p BODHISATTVA Meditations - ChiSing 7:20p Breaking Free (UA)	21 12:00-12:45p Meditation * 2:00-3:15p VAJRA Yoga 5:30-6:45p QIGONG 7p GUIDED Meditations (beginner-friendly)-ChiSing	22 12:00-12:45p Meditation 1:00p Community Lunch 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	23 10:30-11:45a QIGONG 12:00-12:45p Meditation 6:00-6:45p Meditation * 7:00-8:15p YOGA - Andy*	24 10:00-11:15a Roya Yoga 7:30-8:15p INTERFAITH Christian / Buddhist "HEALING SERVICE for Body, Mind & Spirit" - Brother ChiSing, Brother Lawrence & Sister Anne	25 10:00a-12:00p YOGA Playshop - Andy McD. 1:00-4:00p QIGONG Workshop - Michael U. 7:30p MUSIC Concert - Cornell K. & Julie B.
26 3p Meditación (español) * 5-7p Awakening Heart - Buddhist New Year & 3 Refuges Ceremony (Tashi Nyima & ChiSing) * (7p Potluck Dinner) 7:30p TaKeTiNa -Michael	27 10-11:15a YOGA - Andy* 11:30a-1:00p Silent ZEN Meditations - MKZC 7:00p BODHISATTVA Meditations - ChiSing 7:20p Breaking Free (UA)	28 12:00-12:45p Meditation * 2:00-3:15p VAJRA Yoga 5:30-6:45p QIGONG 7p GUIDED Meditations (beginner-friendly)-ChiSing	29 12:00-12:45p Meditation 1:00p Community Lunch 3:15-4:30p YOGA - Andy* 7:00-8:30p Silent ZEN Meditations - MKZC	Director: Brother ChiSing Assistant: Bobbie Perkins Communications: Cornell Kinderknecht AH & DMC aspire to be: INTERFAITH INCLUSIVE INTEGRAL INSPIRED		DMC Office Hours: Mondays - Thursdays 11:00 am - 4:00 pm

AWAKENING HEART

♥ February 2012 ♥

Monthly SATURDAY Retreats & Workshops - please register online or get more info at our website

- * **First Saturday** – “Meditation REJUVENATION Retreat” (Brother ChiSing): **February 4**, 9 am - 12:30 pm
- * **First Saturday** – “BEGINNERS Meditation Workshop” (Brother ChiSing): **February 4**, 2:00 - 6:00 pm
- * **Third Saturday** – “YOGA & MEDITATION” Retreat (Andy McDonald & Brother ChiSing): **Feb. 21**, 9 am - 12 pm
- * **Fourth Saturday** – YOGA Playshop (Andy McDonald): **February 25**, 10:00 am - 12:00 pm
- * **Fourth Saturday** – QIGONG Workshop (Michael Upchurch): **February 25**, 1:00 - 4:00 pm

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

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

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| February 5 – | Brother ChiSing & Helen Cortes (MKZC): | “The ZEN of COMPASSION” (SUPER Buddha/Sangha BOWL) |
| February 12 – | Christine Clemmer & Andy McDonald (yogi): | “LOVE, Sex, Spirituality & Living in the REAL World” |
| February 19 – | Brother ChiSing: | “Buddha’s Teachings on LOVE, JOY and PEACE”
(Community Planning Meeting afterwards) |
| * February 26 – | Ven. Tashi Nyima (monk) & Brother ChiSing: | * LOSAR - Buddhist New Year - 3 REFUGES Ceremony *
(Vegetarian Potluck Dinner afterwards) |

Every MONDAY (7:00-9:00 pm) - \$10-\$25 suggested donation

BODHISATTVA Meditations & Buddhist Ritual – Facilitated by Brother ChiSing, this deeper experienced Buddhist meditation circle (12+ persons) is open to those who have been meditating regularly at AH / DMC for at least 3 months, able to sit in stillness, breathing silently. **We practice an Integral “One Dharma” approach to spirituality.**

- 7:00 **Introductions & Opening Ritual**
- 7:15 **Silent Sitting Meditation** (25 min.)
- 7:40 **Silent Walking Meditation** (10 min.) – occasionally with “Amitabha” chanting
- 7:50 **Silent Sitting Meditation** (25 min.)
- 8:15 **Spiritual Teachings**
- 8:45 **Sharing Circle**

* (recommended book: Old Path, White Clouds - Thich Nhat Hanh)



Every TUESDAY (7:00-9:00 pm) - \$10-\$25 suggested donation

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). **February’s theme is: “LOVE & COMPASSION”**

- 7:00 **Introductions**
- 7:15 **Guided Resting Meditation** (25 min.) – deep relaxation while lying down
- 7:40 **Guided Walking Meditation** (10 min.)
- 7:50 **Guided Sitting Meditation** (25 min.)
- 8:15 **Spiritual Teachings**
- 8:45 **Sharing Circle**

* (recommended book: Happiness - Thich Nhat Hanh)

SIMPLE SILENT MEDITATIONS (Tuesdays - Thursdays) - all donations appreciated

(10 min. of Silent Walking Meditation + 25 min. of Silent Sitting Meditation + 5 min. of Spiritual Reflections)

NOON Silent Meditations: **12:00-12:45 pm** TUESDAYS • WEDNESDAYS • THURSDAYS
EVENING Silent Meditation: **6:00-6:45 pm** THURSDAYS

www . DALLAS MEDITATION CENTER . com