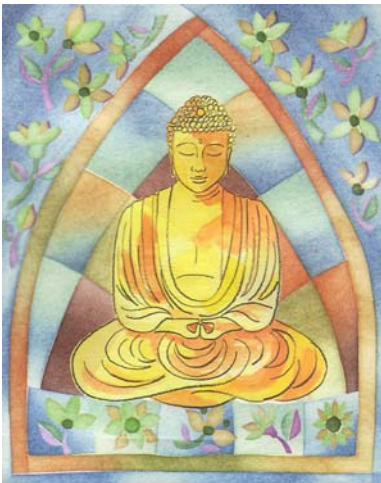


# “GENTLE ZEN”

## Awaken To Your Inner Buddha Through Meditation & Mindfulness



*Joyfully!*

Meditation, Mindfulness, Spirituality, Enlightenment, Buddhism, Nirvana . . . who says ZEN has to be hard? If you find yourself admiring Buddhist spirituality and Zen meditation from afar but feel frustrated that it oftentimes seems too esoteric and difficult to you, then **WELCOME** to “Gentle Zen!” In this very practical and experiential class, we will Awaken together... *Joyfully!*

*By the end of this 5-week series, you will be able to:*

- Sit in silent meditation for 20-40 minutes or more with a sense of peace, ease, relaxation and joy (body aches and mental chatter will be minimized);
- Go very deeply into the “here and now” through mindful walking meditation and mindful movement meditation (such as simple yoga and qigong exercises);
- Channel the wisdom of your “Inner Buddha” expressed through deep listening, mindful speech, writing meditation and art-as-meditation; and
- Understand the universal principles and practices of the Buddhist path to wisdom, compassion, transformation and ENLIGHTENMENT! ☺

**ALL TUESDAYS IN OCTOBER 2007 -- \$108**

**Br. ChiSing, M.Div., M.A.**, is an ordained disciple of the world-renowned Zen Master **Thich Nhat Hanh**. He has studied and practiced Interfaith spirituality, especially Christian mysticism and Buddhist meditation, for over 15 years. One of his early spiritual mentors was the **Rev. Dr. Matthew Fox**, author of Original Blessing, Creation Spirituality, and The Coming of the Cosmic Christ. Br. ChiSing teaches meditation classes and leads mindfulness retreats in Texas, California, Minnesota and Hong Kong. He is the founder of “Breath of Life” (Interfaith Mindfulness Fellowship) which meets on Sundays at 5:30-7:30 pm at the **Unity Church of Dallas**, where he will also be teaching a course entitled “The Tao of Christ.” And he is currently working with **Michael Gott** on his first music CD project called “You Are a Buddha.” [www.InterMindful.com](http://www.InterMindful.com)



Register for this class at Center For Spiritual Living  
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