

BODHISATTVA

MEDITATIONS & Buddhist Ceremony

MONDAYS 7:00-9:00 PM

\$10-\$25 suggested donation

Facilitated by **Brother ChiSing, M.A., M.Div.**, (a disciple of **Thich Nhat Hanh**), this deeper experienced Buddhist meditation circle (12+ persons) is open to those who have been meditating regularly at Awakening Heart / Dallas Meditation Center for at least 3 months. Through deep Silence, Stillness, and Simplicity, we practice an Integral "**One Dharma**" approach to spirituality. If you are a meditator who can sit in stillness, breathing silently, then please feel free to join us on Monday evenings for meditation, teachings and sharing in an atmosphere of deep serenity and spaciousness. Deepen your life through mindful silence and sharing. *NAMO AMITABHA!*

- 7:00 **Introductions**
- 7:05 **Opening Ritual**
- 7:15 **Silent Sitting Meditation (25 min.)**
- 7:40 **Silent Walking Meditation (10 min.)**
- 7:50 **Silent Sitting Meditation (25 min.)**
- 8:15 **Spiritual Teachings**
- 8:45 **Sharing Circle**
- 9:00 **Closing Bows**

* *recommended book:*
[Old Path, White Clouds](#) – *Thich Nhat Hanh*



Integral • Inclusive • Interfaith • Inspiring

www.AWAKENINGHEART.org