

# AWAKENING HEART

The JOY of Mindful Living ... with Brother ChiSing

Dallas, Grapevine, Plano, etc.

MAY 2010

"ENLIGHTENMENT Month"

## MEDITATION, MUSIC & MORE

### Serenity SUNDAYS – Dallas

(new location & time starting MAY 23)

MAY 2, 9, 16: Unity Church of Dallas, 6525 Forest Ln., 75230

- 4:00 Optional Karma Yoga and  
Hatha Yoga with Susan Rainey  
5:00 Optional Early Meditation  
5:30 **MEDITATION, MUSIC & MORE**  
(music by Gary Floyd, Robin Hackett & others)  
7:30 Optional Dinner  
(Monthly Vegetarian Potluck)

May 2 ChiSing present, Amy Martin: "Taoism"

May 9 ChiSing: "Quan Yin, Mother of Compassion"

May 16 Shelly Niebuhr

"The most precious gift we can offer others  
is our presence." ~ THICH NHAT HANH

### Mindful MONDAYS – Grapevine

Unity Church in Grapevine, 1650 Hughes Rd., 76054

6:00 Optional Hatha Yoga with Lynne Clem

7:00 **MEDITATION, MUSIC & MORE**

(music by Robin Hackett)

May 3 ChiSing: "Buddhism and New Thought"

May 10 ChiSing: "Love, Enlightenment & Success"

May 17 ChiSing

May 24 ChiSing: "Buddha's Birthday" (potluck)

May 31 Josh Hodnett & members

\* "Day of Mindfulness" Retreat – Sat., June 12, 9a-5p

### Serenity SUNDAYS – Richardson

@ Dallas Meditation Center (DMC)

\* Starting MAY 23: 727 S. Floyd Rd., Richardson, TX 75080

- 4:00 Optional Karma Yoga and  
Hatha Yoga with Susan Rainey  
4:30 Optional Early Meditation  
5:00 **MEDITATION, MUSIC & MORE [new time!]**  
(music by Gary Floyd, Robin Hackett & others)  
7:00 Optional Dinner  
(Monthly Vegetarian Potluck)

May 23 **BUDDHA'S BIRTHDAY** and "Open House"  
of DALLAS MEDITATION CENTER (DMC)

New Location & Start Time: 5-7 pm

\* 727 S. Floyd Rd., Richardson, TX 75080 \*

May 30 Cornell Kinderknecht & Robin Hackett @ DMC

### Transforming TUESDAYS – Plano

Unity Center of Light, 7300 Alma Dr., Ste 400, 75025

7:00 **MEDITATION, MUSIC & MORE**

(music by Gary Floyd & others)

May 4 ChiSing: "Metta (Lovingkindness) Meditation"

May 11 ChiSing: "History of Buddhism 101"

May 18 ChiSing

May 25 **BUDDHA'S BIRTHDAY** Celebration (potluck)

### Grace WEDNESDAYS – Richardson

@ Dallas Meditation Center (DMC)

\* Starting May 26: 727 S. Floyd Rd., Richardson, TX 75080

7:00 Candlelight Evening of Music, Meditation and  
Communion with Christ

"A simple heart attempts to live in the present moment,  
to welcome each day as God's today."

~ Brother Roger, The Taizé Community

\* Special Events for "Buddha's Birthday" Weekend  
& Open House of DALLAS MEDITATION CENTER  
(see website for more details):

\* Sat., May 22, 1-5 pm – Afternoon Retreat

\* Sun., May 23, 5-8 pm – Meditation & Dinner

www.AWAKENINGHEART.org

+ Waco Retreat – Saturday, May 15 (see website)

+ Austin Retreat – Sunday, May 16 (see website)

## From *BROTHER CHISING*

Dear mindful friends,

We are now on the verge of our next phase of evolution in the life of our Community of Mindful Living here in Dallas, TX. Four years ago, I moved back to Dallas after 11 years of personal spiritual development in California and 1 year in Minnesota.



Three years ago, "AWAKENING HEART" was born. And today, we have about 100 meditation practitioners in 3 weekly meditation communities in Dallas on Sundays, in Grapevine on Mondays, in Plano on Tuesdays (and one soon on Wednesdays), and monthly retreats on Saturdays in various locations, plus a quarterly ministry in Minneapolis and a new ministry about to begin weekly in Austin and monthly in Wimberley, TX.

Our first music CD project "ONE HEART: Music for an Awakening World" is now complete and available. And now, we have a great opportunity to have our own 6,000 sq. ft. space for \$3,000/month to create the **DALLAS MEDITATION CENTER** (*plus Wellness Education & Life Enrichment*) in Richardson, TX.

I envision the small and large meditation halls being used for –

Mondays (am): Yoga  
(pm): Zen Meditation  
Tuesdays: Qigong  
Adyashanti  
Wednesdays: Yoga  
Christian Meditation  
Thursdays: Qigong  
Vipassana Meditation  
Fridays: Yoga, etc.  
[workshop rentals]  
Saturdays: Meditation Retreats  
[special event rentals]  
Sundays: (CLOSED)  
AWAKENING HEART - Serenity Sundays

And in the rest of the building which has several offices and a large kitchen/dining room (and 2 restrooms plus a shower bathtub), I envision sub-leasing spaces to mindful healers, such as: massage therapists, psychotherapists, chiropractors, herbalists, naturopaths,

acupuncturists, music/art/drama therapists, fitness counselors, vegetarian caterers, etc. There is also a Piano Room in the back which can be rented out for musicians' rehearsals or turned into a Recording Studio (or a place to teach music lessons to children, teens or adults). I also envision a small gift shop, bookstore, indoor Zen Garden, lending library, tea lounge, children's room, storage space, receptionist office and my own office for an Assistant (finally!).

Our first 6 months will be rent-free, enough to really get started in a strong and successful way. After that, rent will start at \$1,000 until we are able to pay \$3,000/month. I am confident that we will be able to pay both our rent and utilities, and also generate an overflow of abundance, by January 2011.

Here is a possible timeline –

May: - Furnish & decorate  
- Signage & advertisement  
- OPEN HOUSE on Buddha's Birthday  
June: - Create gift shop, bookstore, tea lounge  
July: - Fill all offices with mindful tenants  
Aug: - Full schedule for the meditation rooms  
Sept: - GRAND OPENING on Autumn Equinox  
Oct: - Begin paying rent . . .  
Jan'11: - FULLY SUCCESSFUL CENTER ☺

So now, what we need to turn this beautiful possibility into a reality is YOUR support, both spiritually and financially. We only need about \$9,000 in the next three months to renovate, decorate and furnish the building to get the Center started. Here is one possible plan to raise the necessary funds –

- 1) Find 30 persons/organizations/churches to each buy 10 music CDs (\$100) = \$3K
- 2) Find 10 persons to donate \$300 each (who will receive over \$300 worth of gift certificates in wellness care, retreats, counseling, etc..) = \$3K
- 3) Find 3 persons to lend us \$1,000 each without interest (to be paid back in 9 months) = \$3K

My dear sisters and brothers, let us commit ourselves deeply to the Path of Enlightenment and to co-creating this **DALLAS MEDITATION CENTER** as a beautiful refuge for many, many beings. Amitabha! ☺

**BROTHER CHISING**  
**P.O. Box 863961**  
**Plano, TX 75086**

**DMC: 727 S. Floyd Rd., Richardson, TX 75080**

**www.AWAKENINGHEART.org**