

Cultivate Habits for Joy and Compassion

(Sept 21, 2024; 50th in our DOM series)

- 10:00 Silent sit (Chau)
- 10:10 Self Introduction and Housekeeping (Chau)
- 10:30 Welcome (Thay Tu Luc)
- 10:40 Sitting Meditation (Karla)
(Namo Avalokiteshvara Chanting; Guided Meditation)
- 11:10 Short Break
- 11:20 Qigong for Internal Organ Health / Healing (Kaleo)
- 11:40 Walking Meditation (Chau)
(Singing; Circle outside of meditation hall as weather permits)
- 12:00 Lunch & Break (Karla)
(Five contemplations and first 20 minute silent eating)
- 1:30 Touching the Earth and Total Relaxation (Chau)
- 2:10 Short Break
- 2:20 Dharma Sharing (Karla and Chau)
- 3:10 Dharma Discussions (Karla & Chau and all)
- 3:40 Closing (Chau)
(Songs; Sharing the Merit; Reflections)
- NOTE: Dana checks to Compassion Meditation Center (CMC)