

Calming the Fearful Mind

This is a schedule for Americas Time Zones (Central Standard Time, Chicago)

	Thursday 1/22/2026	Friday 1/23/2026	Saturday 1/24/2026	Sunday 1/25/2026	Monday 1/26/2026
CST	It's OK not to be OK	Finding Your Refuge	Peace is Made of Peace	Path of Love	Nourishing Great Togetherness
6:00		Wake Up			
7:00		Guided Sitting Meditation & Sutra/Teaching Reading		Silent Sitting and Sutra/Teaching Reading	Guided Sitting Meditation & Sutra Reading
7:45		Breakfast (offline)			
8:30	8:00 - 11:30 Connection testing	Singing & Dharma Talk "The Courage to Feel"	Dharma Talk "Transforming Fear Into Love"	Questions & Responses	Chanting & Dharma Talk "The Gift of Non-Fear"
10:00		Walking Meditation	Walking Meditation (offline)	Affinity Groups Consultation / Workshop	Writing Love Letter
11:30		Lunch (offline)			Closing Mindful Meal
12:30	Music opening & The Journey Begins	Sitting Meditation & Reading	Sitting Meditation & Sending the Energy of Peace	Sitting Meditation & 5 Mindfulness Trainings Transmission Ceremony	Lyrical Meditation (with music and poetry) Fundraising for Lower Hamlet: Our History and Vision
15:00		Mindful Exercise			
17:00		Dharma Sharing	Dharma Sharing	Walking Meditation	Dharma Sharing
18:00		Dinner (offline)			
19:00		Personal Practice Time / Guided Deep Relaxation			
21:00		Big bell chanting			
22:00		Sleep well			
	Live Broadcast Recording				