

Aware of the suffering caused by unmindful speech and the inability to listen to others, I vow to cultivate loving speech and deep listening in order to bring joy and happiness to others and relieve others of their suffering. Knowing that words can create happiness or suffering, I am determined to learn to speak truthfully, with words that inspire self-confidence, joy, and hope. I will not spread news that I do not know to be certain and will not criticize or condemn things of which I am not sure. I will refrain from uttering words that can cause division or discord, or that can cause the family or the community to break. I will make all efforts to reconcile and resolve all conflicts, however small.

—from *For a Future to Be Possible* by Thich Nhat Hanh

Mindful Speech and Deep Listening



In this seven-week course we will look deeply into the ways we create happiness or suffering with the words we speak and the ways we listen. By bringing mindfulness to the basic human practice of speaking and listening, we will explore the opportunities and challenges that arise with every sound we utter.

We will study excerpts from the book *For a Future to Be Possible* by Thich Nhat Hanh, as well as writings by other teachers, ancient and modern. The course will include presentations by the instructor, discussion, and suggestions for home practice. Each session will also include meditation practice, with instruction.

Summer 2018: Mindful Speech and Deep Listening

Wednesdays, June 6-July 25 (no class on July 4) (#B86)

7:00-8:45 P.M.

Compassionate Ocean Zen Center

652 17th Avenue NE, Minneapolis, MN 55413

\$130 (members \$115), materials included

Member rates apply to members of all local dharma centers.

Reduced fees are offered as needed; please contact the Center at (612) 781-7640.

To register, go to www.OceanDharma.org or call (612) 781-7640.



Joan Snyder O'Neal, course instructor, is a guiding teacher of Compassionate Ocean Dharma Center. She practiced for many years with Dainin Katagiri Roshi at the Minnesota Zen Meditation Center and Hokyo-ji Zen Monastery. She has also practiced with Thich Nhat Hanh in France and the United States, and has completed a training for professionals with Jon Kabat-Zinn. Joan was ordained as a Zen priest by Katagiri Roshi in 1980 and received Dharma transmission from him in 1989.

